

AUSTRALIA'S MOST POPULAR SELF-SUFFICIENCY MAGAZINE

# Grass Roots

AUST. \$5.75 incl GST

New Zealand \$7.15 incl GST

No. 152. Aug/Sept 2002

Printed on plantation-grown paper



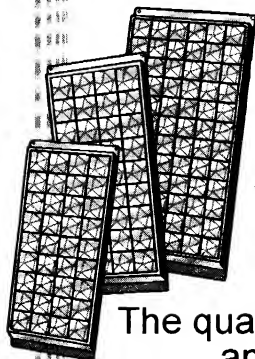
- Sheep Breeds
- Cheap Potatoes
- Ingenious
- Backyard Citrus
- Homemade Mustard
- Like Wheel Weaving
- Milking Bail Plans
- Bees
- More



City Farming

# SOLAR PANEL BARGAINS

Don't miss out!



## Photowatt modules

with cosmetic defects at excellent prices.  
e.g. 70W @ \$517

The quantities are limited and we need to reserve your order now!

**Contact us today!**

**RAINBOW POWER COMPANY LTD**

1 Alternative Way, Nimbin, NSW 2480  
P.O. Box 240, Nimbin

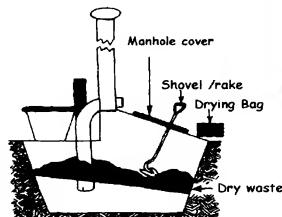
Ph: (02) 6689 1430 - Fax: (02) 6689 1109

Email: info@rpc.com.au - Web Site: www.rpc.com.au



# Simply Enviro Loo

- .Totally sealed
- . No foul odors with sufficient wind and sun.
- . Very Low maintenance
- . No water needed.
- . Ground Level installations
- . Minimal Moving Parts
- . Assembled quickly
- . No chemicals



.Backup fan available for domestic applications

It is only the dried waste that requires removal after a few years. A shovel and container is all that is necessary



Enviro Options Aust. P/L  
ACN 083 573 540

For Further Information Contact

Sydney Head Office

Tel 02 9456 0172

Fax 02 9456 0173

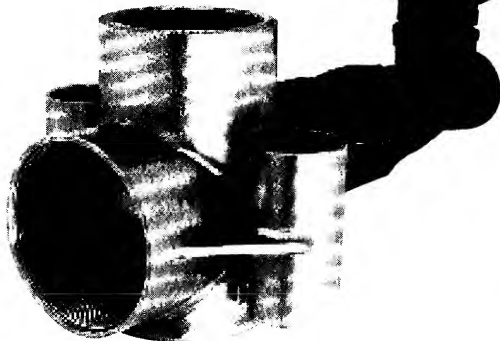
Agents : Byron Bay 02 6685 4619

Cairns 07 4053 6131

Adelaide 08 8265 7079

www.enviro-options.com.au

# Pump water with water.



Works in any creek or stream with 0.5m fall.

- . Solid stainless steel body for long life.
- . One moving part - no maintenance.
- . Typical flow 200 litres/hour.
- . Tested up to a 30m head over 500m.
- . Five years development. Two year guarantee.

For details, phone (02) 9893 7586 fax 9689 3663.

*Ask about our introductory discount.*

*Designed and made in Australia*

The Turon Pump, 26 Hunter Street, Parramatta, NSW 2150.



## Aphanizomenon Flos-aquae (AFA)

**Foundation food for humans, animals and plants**

- 62% high quality, easily assimilated protein, 97% bioavailability.
- Glycolipoprotein cell wall (not cellulose) allows quick and easy digestion.
- Contains nearly all naturally chelated vitamins and minerals necessary for healthy life as well as essential & non-essential amino acids, fatty & nucleic acids and trace elements.
- More beta-carotene weight for weight, than any other source.
- Richest source of Vitamin B12 (not present in plants).
- The highest known source of chlorophyll, a known blood purifier
- An enzyme active raw food.
- NO cholesterol, NO salt, NO saturated fats, NO additives.
- A powerful anti-oxidant and detoxifier.
- 100% organic, grows naturally in the wild.
- Harvested using an environmental friendly process.
- Available in 500mg vegecaps.



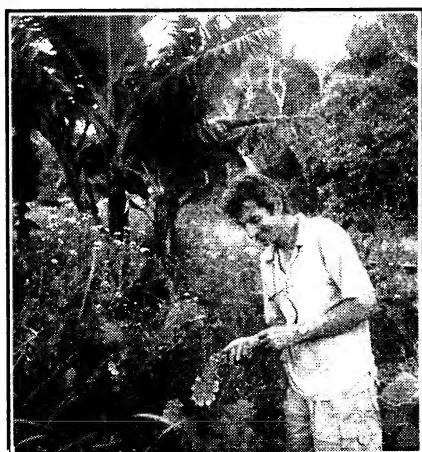
Product of USA

LWS Australia Pty Ltd, Locked Bag 11  
Central Coast DC, Ulladulla NSW 2252  
Tel 13 Nursery St, Narara NSW 2250  
www.healthynutrition.com.au  
www.healthynutrition.com.au

Freecall 1800-88-3696



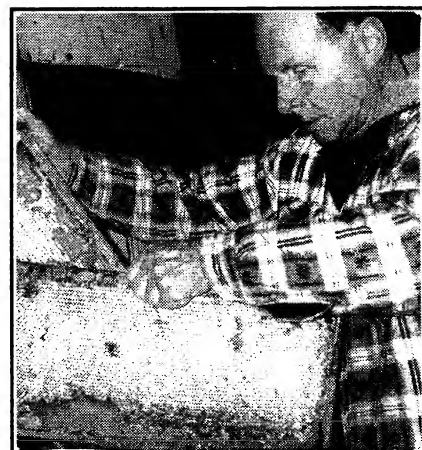
# Welcome to *Grass Roots* magazine



*Save those seeds, page 59.*



*Inexpensive structure, page 15.*



*Sweet success, page 55.*

## PEOPLE

**Inner City Farming**  
*Learning through fun*

**Tough Times For Teens**  
*Listen to the young*

**Land – How Much Is Too Much?**  
*Window box or acreage?*

**House Sitting – An Owner's Story**  
*Choosing capable carers*

**Suits Us Just Right**  
*Good life in Grenfell*

**Other Days, Other Ways**  
*Self-sufficiency for survival*

Sunshine Miller 6

Karwadi 9

Alan Stewart 22

Lyn Hancock 31

Ian Brothers 57

Lucy Daugalis 67

## FARMSTOCK

**A Fantastic Hobby**  
*Learning about poultry*

**Heritage Sheep Breeds**  
*Perendale and Romney*

**Stickfast Fleas On Poultry**  
*Natural control regime*

**Ewe Rescue**  
*Saving starved sheep*

**Beware Of A Boar**  
*Safety first, always*

Julia LeMonde 10

Megg Miller 16

Megg Miller 63

Betty Ford 71

Pearlie Lovelle 72

## ON THE LAND

**Bonzer Bees**  
*Buzzing with benefits*

**Milking Bail System**  
*Well-tested cow management*

**Old-Fashioned Cow Bail**  
*Essential farm infrastructure*

**Tagasaste After Drought**  
*Fine-tuning fodder management*

Ron Goldsmith 55

S Meindertsma 61

Col Statham 62

Charlie Shroeder 65

## GARDEN

**Citrus For The Backyard**  
*Oranges and lemons and . . .*

**Pest Blasts From The Past**  
*Ageless garden advice*

**Fishy Tales**  
*Multi-use ponds*

**Those Damn Crows**  
*Foiling the feathered foe*

**Exotic Fruits That Work**  
*Enjoy abiu and jaboticaba*

**Local Seed Networks**  
*Communities saving plants*

Dorothy Creevey 13

John Armstrong 19

Neville Jackson 23

Bob Rankin 30

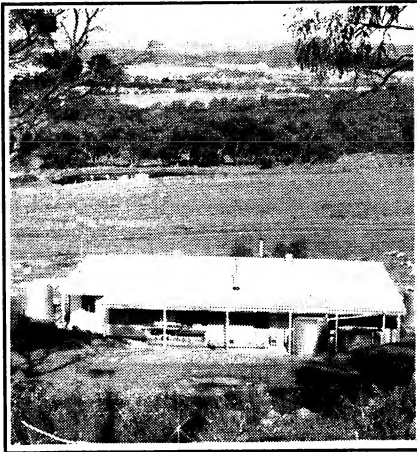
Susan Hands 52

Michel Fanton 59

## OWNER BUILDER

**Creative Dream Home**  
*Artistic and affordable*

Karen Kneale 27



Home, page 57.



Good shepherd, page 71.



## CRAFT

- Bicycle Wheel Mats**  
*Whirly weaving*
- Simple Jug Cover**  
*No dust in your drink*

- Shirley Chambers** 11
- Gay Morton** 32

## HEALTH

- Handy Headache Hints**  
*Drug-free pain relief*
- Garden Bounty – Fennel**  
*Soothe and stimulate your skin*
- Essentially Oily**  
*Useful plant essences*
- For Love Of A Lemon Tree**  
*Remedies galore*

- Roberino** 33
- Cheryl Beasley** 34
- John Mount** 48
- Jane Smith** 69

## PRACTICAL DIY

- An Inexpensive Potting House**  
*Simple garden workspace*
- Giving Oneself A Lift**  
*Useful aid for mobility impaired*
- Useful Rainwater Diverter**  
*Clean water storage*
- Recycling Runs Riot – More Terrific Tyre Uses**  
*Amazing objets de rubber*

- Jose Robinson** 15
- Vance Avenell** 25
- Mike Miller** 29
- Roberino** 53

## FOOD

- Herb Mustards**  
*Flavourful condiments to make*
- Chestnuts**  
*Nutritiously nutty*

- I Rosser, L Barry** 51
- 58

## REGULARS

- Gumnut Gossip*
- Livestock Health & Management*
- Eco News*
- Feedback Link-up Feedback*
- What's On*
- Kids Page*
- In The Kitchen*
- Round The Market Place*
- Recent Releases*
- Down Home on the Farm*
- Penpals*
- Grassifieds*

- Megg Miller** 5
- 35
- 36
- 37
- 47
- 49
- 50
- 73
- 74
- Megg Miller** 75
- 76
- 77

## COVER PHOTOS

**Front Cover:** Staff at Collingwood Children's Farm encourage visitors of all ages to learn through fun. Frank, Toni and Margaret certainly show the way by enjoying their hands-on jobs. Read about this inner city farm on page 6. Photo by Marcel Aucar.

**Back Cover:** Winter might have many dreary days, but it has its own beauties as well. Country readers will be familiar with the spectacular light effects of the low-angled winter sun on wet or frosty landscapes. Best of all, it's a great time to relax by the fire with the latest issue of *Grass Roots*.

Edited by Megg Miller and Mary Horsfall.

Published by Grass Roots Publishing Pty Ltd, Box 117, Seymour 3661. Ph: 03-5792-4000, fax: 03-5792-4222. For classifieds see page 77.

We take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do we accept responsibility for the accuracy of statements made by contributors. Printed by Newsprinters P/L, Melbourne Rd, Shepparton 3630. Ph: 03-5831-2312. ©2002 by Grass Roots. No part of this publication may be reproduced without written permission of the publisher.





It's winter I know but you wouldn't believe how bitterly cold it is in the office. Our air conditioner is straining to do its job properly and at odd times of the day will suddenly belch out cold air. By necessity the trendy tops and pants have had to be exchanged for padded coats, woolly scarves, beanies and fingerless gloves. With the accent on warmth rather than fashion, we're an odd looking bunch. Imagine us huddled over our desks and keyboards swathed in layers of warm clothing as we work on the latest mag.

Some years in mid-winter, colds and flu have hit so badly that only one or two of us have been able to make it to work to keep the business running. Absenteeism this year has been due to entirely different reasons. Moving house and holidaying have accounted for several empty chairs. We'd hardly finished last issue when Mary said 'Cheers'. With hubby Rodney, she squeezed in a trip up north to warm her toes and to build up strength for tackling all the jobs associated with moving house. Sabrina, not to be outdone, also requested time off to move house, but with the wonderful resilience of youth disdained the need for even a day to rest and recover afterwards. 'You'll kill me,' she said, 'because it's really close to our deadline, but please can I have a couple of days to help Daniel move the fridge and dog houses, and heavy stuff?' While Mary and Sabrina were involved in these herculean efforts, Sally took off to distant shores with partner Jim, catching up with family in the UK and spending an enviable week in Iceland where they were married five years ago. It's been a very quiet two months and we were pleased to welcome fellow workers back and listen to their adventures.

'Who else is planning a holiday?' I jokingly asked one morning tea. 'I am,' David answered, 'and I think it might coincide with deadline week.' The flexibility modern technology has introduced to small businesses like ours is a blessing. The comings and goings have involved some planning and rearranging of individual workloads but we've still been able to get

GR to the printers on time, an achievement impossible a decade ago.

Speaking of decades, we've just received a note and story from one of our mature readers who has almost reached her ninth decade! Tahiti Lovelle confesses to being 89 years old and wrote in to share a livestock story after reading June Birkett's safety advice around bulls. Tahiti also said she enjoyed the articles in GR, especially those about poultry. 'I kept a lot myself in the early days and what I missed most after leaving the farm was looking out and seeing the turkeys, guineas and, on one memorable occasion, a duck with her brood – and I didn't know she was sitting'. Tahiti's warning story about never trusting even benign looking show boars is featured in this issue. We anticipate hearing from this amazing reader again and wish her good health and happiness. Heavens, I bet none of us are as lucid or sprightly as Tahiti when we reach our later years.

All the talk about GM and our intensive production methods must seem unreal to those like Tahiti who can remember milking by hand and using horse power. While not promoting a return to premechanisation and long working hours, our philosophy encourages seeking old-fashioned alternatives to chemicals, and making use of surviving fruit and vegetable varieties and breeds of farmstock. We were chuffed when we received a fax from Neville Cherry recently, drawing our attention to an article in *The Bulletin* (May 21) about the emergence of farm produce markets. The story emphasised the benefits of such markets and the anticipated flow-on to sustainable farming, heritage seed conservation, free range and other organic tenets when they become more widespread. 'You will gain heart,' Neville wrote, 'that what the magazine has been evangelising for years is now finally catching on in the wider community. Keep it up.' It is pleasing there is a shift in consciousness towards the belief that fresh local food tastes best, and even better still if produced under chemical-free conditions.

We can't tell you where all the

farmers' markets are being held, but can recommend a super guide to finding organic food. *The Organic Guide to Australia* was compiled by Wendy Seabrook and has just been released. Wendy got tired of being unable to find the food she liked when away from home and recognised how invaluable a guide listing cafes, restaurants, retailers and the services they offered would be. We're excited about it because we've had the honour of being able to publish it, and also we all enjoy eating so it will make finding decent food much easier when we're away from home. You will find the practical details about obtaining the organic guide on page 82, or look out for it at large bookshops. There hasn't been an Australia-wide organic food guide to date, so this should help boost interest in organics and expand the market for producers.

This time I have a lovely note we couldn't squeeze in previously, but it deserved special attention so has been kept for a couple of months. 'We want to share with you our joy in our love for each other that came about through GR. Yes, it was from the Contacts which, like many readers, we're sad to see pensioned off. Upon receiving a card from a most special person I knew all would be well. We spoke on the phone and understood the feelings we were experiencing. We met . . . it is as if we have known each other for a lifetime . . . We are truly in love spiritually and have made arrangements to be married. We are 53 and 42 but feel ageless – peace, love and light to all.' How wonderful that we were able to help these readers find each other – we hope their love continues to grow with each day. Stories like this are just as important as how-to-do-it articles. They inspire and enliven our spirits. Catching up with readers at a field day recently I enquired what they liked most about GR. 'The fact that it keeps the dream alive.' Settle back in the warm slippers you knitted from our pattern last issue, put on a pot of pumpkin soup and snuggle down to read your favourite magazine. You won't be able to put it down! ☘

# Inner City Farming

by Sunshine Miller, Carlton, Vic.

**There's never a dull moment at Collingwood Children's Farm. Farm staff focus on learning through fun and an atmosphere of busy enjoyment permeates the site as visitors and community gardeners of all ages enthusiastically 'get their hands dirty'. With urban development ever increasing, these oases of rural life play an important role for city dwellers.**

Melbourne's inner city residents might be surprised to know that Victoria's oldest continually working farm is tucked away on a meandering curve of the Yarra River, only a few kilometres from the CBD.

Collingwood Children's Farm is a nine-hectare 'real' working farm, with horses, pigs, sheep, cattle, goats, chooks, ducks and extensive permaculture gardens. The farm runs a variety of programs, and is open to the public six days a week. Manager Margaret Cooper, who took over in October, loves her new role and the delightful surroundings.

'My office is near the entrance, and I hear the children going past saying, "Oh, look, poo! You're a poo-head!" It makes me laugh. They have well and truly got over that by the time they leave. Of course, some of the kids that come here have never been to a farm before, so they just can't believe their eyes.'

Margaret has a background in community development and social work, particularly drug treatment services, and owns her own farm in St Andrews, so is well qualified for the job.

'Collingwood has grown from one worker on four acres, to 10 workers and countless volunteers on 22 acres. It's owned by the Victorian public, and my challenge is to attract more funding, as always, and to open the farm up further to the community in general. People just don't believe there's a farm in Abbotsford! But it's a really healing place. We particularly encourage children living in highrises and from disadvantaged backgrounds to come regularly and ride the horses and potter in the gardens.'

The rewards for getting involved

include social support, hands-on skills, confidence, and also some not so predictable side effects. 'I just received a letter from a family saying how much their daughter's maths had improved because of us. Part of her responsibilities was to count out the horse food, work out the proportions, the cost, and how much to order. Her school was very pleased with her sudden maths progress!'

However, it's not all about the animals; a unique aspect of Collingwood is the interaction between people. 'In all our activities we have kids working alongside adults, other kids of all different ages, people with disabilities, and from a multitude of different cultural backgrounds. It's a great polyglot mix and everyone learns how to get along and communicate,' Margaret said.

## INNOVATIVE FARMING

'The farm is a tourist attraction, but it's run on commercial farm lines, although as much work as possible is done using human labour rather than mechanical,' said Margaret.

'We use the pigs as a plough; we call them pig tractors. We just lock them up in a small area and they dig it up for us. They got rid of the kikuyu in the chook runs very quickly. This was the method used by old pioneers, and as the area was originally farmed by the nearby St Heliers Convent, supporting over 1000 people, we want to stick closely to traditional methods.'

The beautiful old farm buildings, including stone stables and Victorian-style farmhouses, are original, and protected by the National Trust.

Permaculture is an integral part of



Toni, Frank and Margaret enjoy their work in this unusual city environment. Squeaky the duck thinks mulch spreading is worth keeping an eye on in case of free tucker.



Heritage farm buildings are well maintained and in constant use. These old stables, as well as housing animals, are a sheltered meeting place for people.

the farm. 'We use a rotation system; the cows get first go on the pasture, then the horses, who are picky, then sheep, and finally the goats come and clear up the rubbish. If we find weeds, we send in the goats, and volunteers pull up the remainder. The manure is all composted, and what compost and worm castings we don't use we sell to the public. We aren't registered, but we try to be as organic as possible.'

Red-haired horticulturalist Toni Phillips, who said she was 'born under a henna bush,' has a strong philosophy that all the plants must have a dual purpose, including a medicinal, food or timber value. 'I suggested they could be beautiful and perfumed,' said Margaret, 'but Toni says that's not enough.'

'It makes lunch great in summer. I just wander around with a bowl, pick a lovely salad and some fruit, and put fresh lemon juice on it. Whenever we are walking around there's munching going on.'

As well as being chemical free, the environmental ramifications are always considered. The effluent from the farm duck pond goes through the orchard before running into the Yarra; a great filtration system with the added benefit of fertilising the trees. Likewise, the waste from the pig run goes down a channel of nutrient-rich plants. Indigenous plants have made

the farm a crucial corridor for native wildlife along the Yarra.

#### GREAT PROGRAMS FOR ALL

The Children's Farm runs a plethora of programs for adults and children. 'I must admit we positively discriminate towards children from disadvantaged backgrounds or from highrise apartments where no garden is possible,' Margaret said.

Particularly popular is the Young Farmers program, which has 8 to 16 year olds from those backgrounds coming in on Saturdays to work in the gardens in the morning and enjoy riding the horses in the afternoon. 'It's free, like all our programs, and the emphasis is on helping kids deal with issues and problems in a practical way,' Margaret said. 'We are up to our third generation of visitors with one family. The original child brought her daughter, and now she brings her baby.'

In fact, assistant manager Frank Palomares was originally one of the kids in the riding program. He has now worked professionally at Collingwood for 12 years.

Special schools come on volunteer programs twice a week, and care for a particular part of the farm, depending on their abilities, for example, mulching, tending the vines, or looking after the orchard. One group is plan-

#### AT THE FARM YOU CAN BUY:

- Heritage fruit trees
- Food bearing plants
- Herbs and seedlings
- Compost and worm castings
- Fruit and vegies in season
- Eggs and honey
- Non-hybrid seeds
- Pigeon straw and mulch
- Occasionally animals

ning on redoing the old farmhouse gardens in a heritage design consistent with their convent past. In keeping with this theme, there is a heritage fruit tree nursery, while a collection of rare breeds which were popular in 1901 were donated by the Rare Breeds of Australia, to make up a Federation collection of chickens, sheep and pigs.

Toni runs a seed bank and has planted the Federation poultry pens with a variety of chook food plants. Pens are rotated and money is saved on feed as chooks supplement their diet with nutritious green feed.

The work experience program is extensive and very popular with students from secondary schools and farm science courses. 'They usually have an interest in farming, but may have never been to a farm before. Some are a bit silly to begin with, but they end up loving it,' Margaret said. 'The animals are very tolerant.'

There is a wide range of activities to be involved in and skills to learn. A volunteer might start the day milking the cow, then help run a BBQ for 100 people, care for the horses and finish with some weeding.

There are 60 plots of community gardens, some of which have been owned by the same person for 20 years. A recent goal has been to convince the

#### 🧀 CHEESE & YOGHURT 🥛

Learn to make your own at our Home Cheesemaking workshops! We supply cheese & yoghurt starter cultures including acidophilus & bifidus, rennet, mould spores, cheesewax, cheesecloth, thermometers, cheese baskets, & Australia's top-selling Home Cheesemaking book. Mail orders serving Australia.

#### CHEESELINKS

PO Box 146, Little River, Vic. 3211  
Ph: 03-5283-1396 Fax: 03-5283-1096  
Email: [cheesemaster@cheeselinks.com.au](mailto:cheesemaster@cheeselinks.com.au)  
[www.cheeselinks.com.au](http://www.cheeselinks.com.au)  
15 Minns Rd, Little River 3211.





Guernsey cows are kept and hand-milked, their temperament ideal for the busy farm.

gardeners to become chemical free, in line with the farm's philosophy.

'There's a waiting list for plots. They tend to go to people close by with no space to garden and particularly elderly people. It's a real social thing for many of the gardeners. As a large proportion are from a non-English-speaking background, it can be very interesting communicating. The idea is that any excess produce will go back to the farm to sell. They might bake us a

cake, bring in homemade spaghetti or jams from the fruit trees, or share some bok choy seedlings. It's very interactive. It looks beautiful on summer evenings, with the plots stretching down to the river, filled with people digging and chatting and enjoying themselves,' Margaret said.

Lastly, the Grow Food on Fridays program teaches people who have never had anything to do with gardening how to grow food in small areas, such as window boxes, as well as discussing diet, economics and environmental implications.

'The challenge is to fit it all in. Sometimes I think, if only the public would go away and let us get on with our work,' Margaret said. 'But where would we be then?'

### ANIMAL FROLICS

Being a children's farm, baby animals are always most popular, and staff can be forgiven for giving more thought to their animals' matings than does the average farmer. 'We try hard to stagger the breeding season, unlike a commercial farm, so we have some babies all the time. The animals are very well trained. The goat recently kidded at lunchtime on Monday in front of all the children, perfect viewing time on a lovely sunny day. The kids were fascinated, though I noticed some parents looked a bit green. When three perfect

little goat kids popped out and stood up, the children were just overawed by the experience,' Margaret said.

Mind you, although both tame and good natured, the animals are not always well behaved. 'One woman said she had spread out her picnic lunch beautifully on a rug in the paddock, then went for a walk by the river. She wasn't aware there was a goat in the paddock. When she returned, the goat had eaten everything, even the rug. She thought it was very funny, luckily.'

Animals are donated when people move house, or they are too old for showing or competition. Squeaky the Pekin duck, quite happy to be carried around with his head tucked over a shoulder, was painstakingly hatched by a little girl in her grandmother's linen cupboard. All the animals are thoroughly vetted before being accepted to the farm, and must be useful.

'The staff here are very pragmatic. They keep it real. I saw a horse mounting another horse in the paddock recently and the group of kids said, "Oh, look, they're playing." "No," the staff member said. "The stallion is actually serving the mare in order to reproduce." The mums looked surprised, but we don't beat around the bush here.'

Visit, get involved, learn and share! Collingwood Children's Farm is at St Heliers St, Abbotsford 3067. Call them on 03-9417-5806 for admission times and fees. 🌱



Light Sussex wander freely around the farm, enjoying the green grass as well as kiddies' lunches.



With 60 community garden plots and gardeners from diverse cultural backgrounds, the variety of foods grown is always interesting.

# Tough Times For Teens

by 'Karwadi', Vic.

The lives of many of today's youth, including myself, are filled with frustration and ignorance. Frustration at the refusal of adult society to listen to our ideas, or explain theirs, and ignorance of many of the pressing social and environmental issues of our time. It is my belief that this frustration and ignorance should be extremely worrying to the older generation, especially as this younger generation begin to become fully fledged adults in society.

Let's start with the education system. The modern Australian state school system does not provide to any great extent for the individual needs and requirements of students. Students who cannot cope with, or are bored by, the curriculum are deemed 'problem students'. Those who resort to trouble-making in an unconscious attempt to draw attention to their problems are often doped up with medications designed for use by ADD or ADHD sufferers, so the underlying problem goes unnoticed.

As well as this, students who might display brilliance in a certain field, say music or art, often do not have the opportunity to exercise this brilliance, with the focus of our education system being to pump out nice little robots with certificates in hand and wave them off to live their little lives. The phrase 'trying to bang a square peg through a round hole' comes to mind.

Stressed, overworked, and sometimes simply lazy, teachers and coordinators cannot, or will not, help students attain an education that they find satisfactory to their own needs. I have experienced this situation when trying to put together a VCE program for myself, and I know that it's all too common. I do not have the resources to transfer to a school that will be able to provide me with a VCE course that I find satisfactory, and I know of others in this situation.

While some people find alternative education institutions or home schooling satisfactory alternatives to mainstream education, it is a sad fact that

many parents cannot afford or do not have access to these alternatives. While home schooling might be the best and cheapest option for some, others might find it a very expensive option if it necessitates leaving work to educate their children.

There are many other issues besides education that are affecting the youth of Australia. Among them is the matter of health, and how to preserve it in today's society. Modern teenagers are subjected to many more toxins than any generation before them. The use of dangerous chemicals in agriculture, additives and preservatives in foods, growth hormones in meat and genetically modified (GM) produce are but a few of the things threatening the health of the young today and tomorrow.

Peer pressure and the desire to be popular, and 'cool' can also adversely affect the health of our youth. It is well known among those who project advertising into our daily environment that the best way to sell a product is to make it attractive to a certain market, in many cases the youth market. They make it seductively 'cool', which causes pressure among youth to buy the product. Examples of products aimed at the youth market in this way are 'junk' foods and video games, neither of which are renowned for having a positive effect on health! The first encourages the eating of foods loaded with extremely unhealthy levels of fat and the second encourages young people to sit on their backsides in front of a television all day, as does cable TV.

But advertising and media also have a far more subtle effect on our psych. Rising levels of depression in youth can be attributed, in part, to the relationship between peer pressure, advertising and materialism, as well as influence from the older generation. We are taught from an early age that money buys happiness. When we reach our teen years, we translate this as money buys a certain article of clothing/CD/computer game, which equals popularity and fitting in with the group, which in turn

equals 'happiness'. The unconscious realisation that life and happiness don't work like this can come as rather a shock to what were the nice solid walls of the modern teenage world. This can turn into mild depression, and mild depression, if not recognised, can turn into severe depression.

Many youth are frustrated at what seems to be the refusal of the adult population to listen. The entire youth culture of today has been branded by the actions of a few, causing more than a few bigoted adults to doubt our ability to think in a reasonable and rational manner. This, perhaps, is what causes our youth to go on the rampage, as demonstrated by such incidents as the S11 protests, which I will say right now I did not participate in. I do not agree with violence in any form as a means of political expression.

Our government can be noted for its remarkable ability to ignore future voters. Young people come away from youth forums held by the government feeling patronised and indulged. Some of us also feel extremely frustrated by the refusal of adults to discuss with us issues that it should be considered important for us to understand: STDs, environmental issues such as wood-chipping, GM crops, the ozone holes, decreasing environmental diversity, drug problems in the community. These are all things that certain adults do not consider teenagers fit to understand and discuss.

While I am no expert on the matters I have mentioned, and do not pretend to be, I feel that they require the attention of the community as a whole. The adults of the future are a group that for too long now have been pushed to the back of the agenda and patronised. It is time for the entire community to try and rectify matters, before is too late. So next time a teenager wishes to talk to you, or you see an angry young face on the six o'clock news, try not to feel impatient or superior. Think of what brought them there and try to help. ♣

# A Fantastic Hobby

by Julia LeMonde, Nambour, Qld.

**In the comfort of the urban armchair, all things seem possible. Moving to the country and keeping chooks has proved rewarding for Julia LeMonde, but she hadn't reckoned on ruffian roosters and culling old favourites.**

I can remember moving to our own farm. It was a dream come true. Our own land. Now maybe I could have the farmyard nursery like the ones in all the books I used to read when I was young. Yes, that is my city version of what a farm is. My husband's idea is, of course, a more practical approach and he has lived on a farm all his life. But what the heck, what's a farm without variety?

So it is that I comb the 'poultry for sale' ads, not stopping to wonder why a rooster and small hen are being given away free. The girl was just the decoy. Eric the First was horrible. Lesson learnt. The next lesson to learn was that chooks don't stay in low-fenced enclosures when you are trying to build a nice garden of any sort on the other side. Eric then took to crowing under our bedroom window just to taunt us and show us he could escape whenever he liked.

It is three years on and we have a huge two-metre enclosure now which backs onto the mixed fruit tree orchard and only the smart ones seem to find ways out. Eric the Fourth is now getting out, so his days are numbered. Yes, I've toughened up these days, super intelligence in fowls is not a quality admired on this farm. Although



Naming hens is a hindrance when culling becomes necessary. Brownie and co will just be put onto the retirement fund.

I can't seem to cull Brownie and Owlle and Blackie who came to me via the 'Buy, Sell, Swap' three years ago as adult hens. Naming hens is another hindrance if one has to cull, let alone eat, the bird!

We went on holiday recently and a neighbour was able to collect enough eggs to make the job of feeding worthwhile. And since I'm home there seems to have been a ban on egg-laying. Am I being punished? I am now feeding expensive organic grain to 20 chooks who are on strike. Every year I have gone to the last resort and bought shop eggs after considerable agonising and within hours they are laying again. I give in and so do they. I think about who to cull and, presto, there are eggs to collect. They have cost me a lot of money and time, but it has been a fantastic hobby. And I *will* toughen up one

day and cull the old ones, or maybe they just go on to a retirement fund. The new generation have no names so they won't get off so lightly. 🐔



The hens can scratch around in an enclosure with access to the orchard, and stay out of my garden.

## MONEYMAKING

\$\$\$ - BOOKLET - \$\$\$

### "99 Easy Ways to Make Money From Home"

A new booklet by Extra-Income Expert Pete Godfrey uncovers 99 little-known opportunities you can use to start making extra-income. Plus Pete reveals two key areas to making money fast. Get your copy by sending your name & address plus \$2 to cover printing & postage to:

\$2 Booklet Offer

Dept GR - PO Box 4303  
South Mackay QLD 4740

Hotline Marketing - Suite 1 - 7 Digby St. Mackay QLD 4740



# Bicycle Wheel Mats

by Shirley Chambers, North Bundaberg, Qld.

These mats are very easy to make, hard-wearing and washable. The results are limited only by your imagination. You can use materials such as wool, string, jute, raffia, nylon, or strips of coloured rags. The size of the finished mat is obviously limited by the size of the cycle wheel – the larger the better. You can always stitch a few rounds of plaited material around the edge after you cut your mat from the loom to make the mat bigger and give it a firm border.

## PREPARATION

Having obtained your wheel, remove the spokes and valve. If the rim is dirty or rusty, wash clean and rub with fine sandpaper. Paint it a bright colour so the wheel will be attractive to look at while you are working.

## NUMBERING THE LOOM

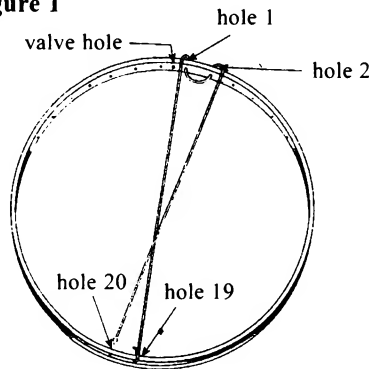
The rim now has a number of holes where the spokes sat and one slightly larger hole for the valve, making an odd number of holes. Number the holes clockwise, starting with the hole next to the valve hole. Write the numbers on the outer edge of the rim or use sticky labels. The valve hole will end as the highest odd number. This will enable you to dress the loom with your warp threads. (Warp threads are the basic threads on which you will interweave the weft threads.)

The warp can be single or double thread, depending on thickness, but must be strong. Be careful that the web is not too thick in the middle or you will get a prominent point in the centre.

## CALCULATING THE LENGTH OF THE WARP THREAD

Measure the diameter of the wheel plus the extra piece needed to pass the thread into a hole from outside and along to the next hole and out again, as in figure 1. Multiply this length by half the number of spoke holes in your rim (each crossing of the thread utilises two holes). Add an extra metre for the start of weaving from the centre.

Figure 1



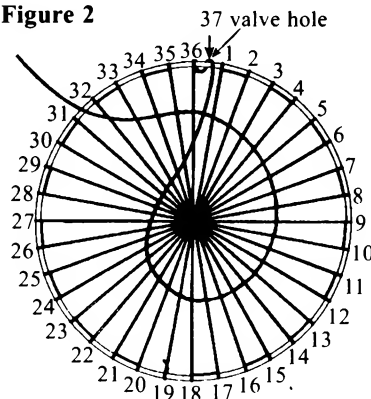
## DRESSING THE LOOM

This must be done in a particular way or the thread will be incorrectly distributed and you won't finish at the valve hole. On the cycle wheel I have used, there are 36 spoke holes and one valve hole.

Dress as follows: Start by tying the thread at hole 19 and passing it over to hole 1 where it is introduced from the outside, as in figure 1, and then to hole 2 where it is introduced from the inside. From there the thread goes to 20 and 21, then as follows:

Hole	Over To
3 - 4	22 - 23
5 - 6	24 - 25
7 - 8	26 - 27
9 - 10	28 - 29
11 - 12	30 - 31
13 - 14	32 - 33
15 - 16	34 - 35
17 - 18	36 - 37

Figure 2



Then guide the thread in towards the centre and down between numbers 19 and 20 before bringing it back to hole 37, as shown in figure 2. Pull tight to make sure the intersection of the threads lies exactly in the centre. The warp threads should lie taut in the loom.

## WEAVING IN THE WEFT THREADS

Now you can start weaving by interlacing the rest of the warp thread first and then following with your chosen materials (figures 3 and 4).

You might find it useful to weave the first section over two and under two warp threads or over four and under four if a double warp is used. This will avoid having a bump in the centre. Take the final warp thread singly, though, because this kind of weaving requires an uneven number. Continue with this method for a few centimetres and then take each thread separately.

Note: Be very careful to just lay the weft threads in. Don't pull tight or your mat will end up as a basket. Lay the threads in and push them into the centre with your fingers as you go.

Figure 3

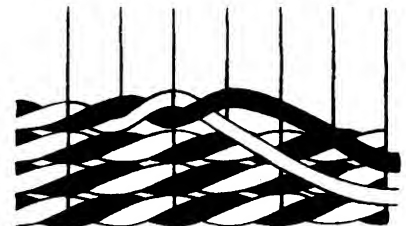
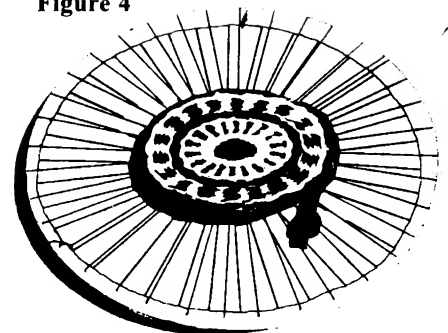


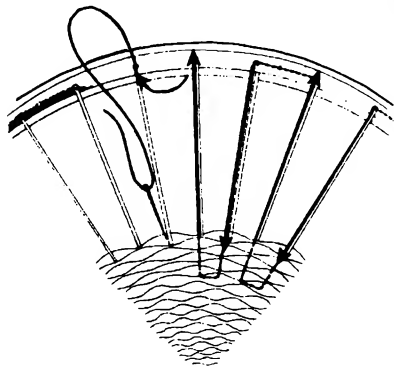
Figure 4



If your wheel is of a different size or has a different number of holes, you should draw a circle on paper before starting to dress the loom so you can mark and number the holes. Then you can draw pencil lines to keep a tab on your progress.

Extra warp threads can be introduced at any time in the following way: Tie a thread the same thickness as the warp to the rim and draw it down alongside the warp into the web for a couple of centimetres and back along the next warp thread. See figure 5.

Figure 5



Continue this way right around the loom until the whole warp has been doubled. The new thread should be tight, but not so tight that the web shrinks. After introducing the extra warp, divide the



threads as you weave so that you go over and under one at a time. This will give variation to your work.

#### FINISHING THE MAT

A little way from the rim, cut the threads at the outer edge between the holes. Pull the warp out of the holes and sew the ends in at the back of the mat. If the ends are too thick, you can knot them in pairs and fasten them both with a blob of glue.

Back your mat with heavy-duty material or carpet underlay of the same size, and edge with tape. Attach by sticking or stitching around the edge and possibly the centre if required. If you are adding plaited rings to the outside, stitch these around before backing the mat.

Attractive wall-hangings can be made in the same way, maybe even leaving the cycle wheel in place if you painted it an appropriate colour before starting your project. ♣

## OPTIMUM PAINTING GUIDE

Painting in extreme heat or cold can prevent the formation of a good, durable paint film so moderate temperatures in autumn and spring make them ideal times for exterior painting. Not much wind and a temperature of between 15° C and 30° C is ideal, forget humid, rainy

or cold (less than 10° C) days.

Acrylic paint is ideal as it adheres well to surfaces, is more flexible and lasts longer. Acrylic paint keeps its original gloss and colour longer than solvent-based enamel paints because it is resistant to our extreme UV condi-

tions. Remember to use brushes with synthetic bristles as they do not swell when damp, unlike natural bristles.

For more information on painting or decorating check out the Paint Quality Institute's website at [www.paintquality.com](http://www.paintquality.com) ♣

## Distance Education

*Over 20 Years of Excellence*

Self Sufficiency, Permaculture, Herbs, Alternative Energy, Ecotourism, Ecology,  
Environmental Management, Child Psychology, Aromatherapy, Human Nutrition,  
Healthy Buildings, Vegetable Growing, Fruit Growing, Poultry, Pet Care, Freelance  
Writing, Computer Servicing, Native Plants, Starting a Business

**NEW COURSES for 2002: Cutting Propagation, Water Gardening,  
Elite Fitness, Biopsychology** **FREE HANDBOOK AVAILABLE**

**INTERNATIONALLY RECOGNIZED by IARC**

**Australian Correspondence Schools** (est. 1979)

264 Swansea Rd, Lilydale Victoria, 3140  
P • 03 9736 1882 W • [www.acs.edu.au](http://www.acs.edu.au) E • [admin@acs.edu.au](mailto:admin@acs.edu.au)

## STANLEY

**A LEGEND IN COOKING!**  
**WOOD STOVES with**  
**Cast Iron durability**

- Large fire box with choice of Domestic Hot water or Central Heating boiler
- Large self cleaning cast iron oven
- Large cooking surface with ground hot plates
- Choice of models and finishes

**FOR YOUR  
CLOSEST  
DEALER  
CONTACT:**

## CASTWORKS

8 Roosevelt St, Nth Coburg 3058  
Ph 03-9354-4666 Fax 03-9354-9971

# Citrus For The Backyard

by Dorothy Creevey, Old Bonalbo, NSW.

Every backyard should have at least one citrus tree. Not only do they produce healthy delicious crops, but with their dark glossy leaves and contrasting colourful fruit they look good as well. Their heavenly perfume is hard to surpass . . . plant one now!

We suffer severe frosts here (far NE NSW) and it is necessary to protect young grafted or budded trees by wrapping paper around the graft while the frosts are around for the first, and possibly second, winter. If your climate is a little harsh, try planting one against a north-facing white wall, or create a suitable microclimate for it.

Perhaps you could plant a variety that ripens in winter close to a deciduous tree. When the citrus needs sun for ripening the deciduous is losing its leaves. Plant a lemon or lime near the kitchen door for regular use.

## VARIETIES

There are so many varieties it is difficult to choose just one.

- Choose varieties most suited to local growing conditions.
- List family preferences.
- Note ripening times to have a near-continuous supply. For example, Valencia oranges ripen from spring to summer, while Navels ripen from autumn to spring. The Eureka lemon usually holds its fruit for most of the year.
- Try budding several on one tree if space is limited, or purchase a fruit salad tree grafted with several varieties.

## MULCH AND FERTILISER

Citrus trees have a relatively high nitrogen requirement in spring and autumn. Organic fertilisers (manures) should be applied in late winter and late summer so they have decomposed enough to be available to fuel the spring and autumn growth flushes. Water the tree well before and after adding fertiliser and don't dig the soil as it might damage surface roots.

Before fertilising rake away any remaining mulch and apply fertiliser

evenly around the drip line: a generous application of poultry manure, two kilograms of chicken manure pellets, or five to six centimetres of well-made compost. Sprinkle ground rock mineral fertiliser over the top and rake in lightly. The mineral fertiliser will supply all trace minerals over a period of two to three years. It is best to apply rock minerals with compost because the microorganisms in the compost will immediately start processing the rock into nutrients the tree can absorb.

Rake back any remaining mulch (keeping it away from the trunk to avoid collar rot), before topping up with fresh mulch to a depth of 10 – 12 centimetres. Fertiliser can also be sprinkled over the existing mulch and watered in well.

The mineral fertiliser can be applied with the manure, but because it is slow acting two or three sprays of liquid seaweed a fortnight apart (will be absorbed in about two hours) will help supply mineral nutrients in the short term. A drop of liquid detergent will help the seaweed mixture cling to the leaves. Apply after 4pm or on a cloudy day.

## COMPANION PLANTING

Try planting your citrus trees in a guild of beneficial plants and animals.

- Guava nearby is said to protect them from infection.
- Lizards control snails, grasshoppers and beetles. Attract them by providing habitat of a rock pile, pond, or hollow logs.
- Nasturtiums, wormwood, tansy, marigolds or lavender nearby help control aphids and provide ground cover.
- Acacias are nurse shrubs and provide predator habitat and leguminous mulch.
- Clover is a nitrogen-producing ground cover and a bee attractant.

## WATERING

Don't allow citrus to dry out. Water frequently for the first two weeks following planting, perhaps three to four times a week, using 20 litres each time,

then every week or so for the first growing season. After trees are three to four years old and well established, water every two to three weeks in dry summers, more often in light soil or in hot, windy weather.

A generous layer of mulch around trees will help keep the shallow roots damp between waterings. Drip irrigation or soaker hoses are efficient watering options.

## PRUNING

Tip prune by cutting fruit off rather than pulling, especially with mandarins because pulling easily damages their thin skin. Only prune to remove gall wasp or dead and diseased wood. Skirt bottom growth to prevent soil-borne fungal problems and allow access beneath the tree for weeding, fertilising and mulching. Some shaping of a young tree can take place, or a total renovation of old neglected trees. September is the best time to prune, though light trimming and removal of damaged material can be done at any time.

## POSSIBLE PROBLEMS

### Aphids

Keep your eye out for aphids as spring approaches. It's not only citrus trees that can be infested with these pests. Use these hints to control aphids throughout the garden. Often ants in your trees will be the first indicator of an invasion as they 'farm' the aphids to collect the honeydew that quickly develops into sooty mould.

Before panicking and dragging out the toxic spray bottle, give the plant a spray with a strong jet of water to dislodge the aphids. (Spraying with soapy water will damage ladybirds.)

Sometimes aphid infection could be the result of stress from a mild nitrogen deficiency. If you think this might be the case, apply some manure or blood and bone (bonemeal will deter the ants also) to the soil, or spray soil with manure/sugar tea or 1:8 urine/water.

Mulches of chopped tansy, pennyroyal, spearmint or lads love (southern-



wood) might help.

In cases where a plant seems prone to attract aphids, sow some companion plants around it and encourage predators for next year's control. Companion plants could be nasturtium, garlic, chives, or tansy. Some predators are bluetongue lizards, braconid and chalcid wasps, earwigs, hoverflies, lacewings, ladybirds and small birds. Predators are more likely to be present within a plant community that provides food and habitat for them. This could include nectar-producing flowers for the wasps and other insects and logs and rocks as overwintering sites and lizard habitat.

You could set out some yellow sticky traps or place yellow liquid traps (bugs are attracted to yellow). You could also band the tree trunk with axle grease or similar goo to stop the ants' access.

Repellent sprays of red pepper, mustard, lavender, rosemary, wormwood, either singly or in combination, are worth trying. More powerful sprays can be made from garlic, onion, pyrethrum, feverfew or rhubarb. Neem is effective, for those with access to it. Most nurseries now stock commercially prepared organic sprays, so ask about these if you don't want to make your own. Make sure you read the labels – many sprays are harmful to beneficial insects as well.

There isn't much to be said for these sap-sucking pests, but don't aim for 100 percent control because the predators need something to eat to keep them in your garden. I currently have a large infestation of aphids in my garden but I am not concerned. They have infested a crop of self-sown Chinese cabbages between my kiwi vines. Next door to them is my cabbage crop. Not an aphid is to be seen on the cabbages or kiwifruit. Each day I pick some of the aphid-laden Chinese cabbages and feed this nutritious mixture of greens and protein to the chooks. The resident bluetongues and other predators are also having their fill, so why should I think about toxic chemicals? Nature is better at pest control than I am.

#### **Stink or Horned Bugs**

Using gloves and keeping face averted, pick off by hand.

#### **Gall Wasp**

Prune and burn affected wood annually during winter.

#### **New Tree Won't Fruit?**

Although you might see pot-bound trees setting fruit, newly planted trees might not because the plant's energy will be used for developing main branching and root systems and putting on a flush of top growth. No fruit is normally set until a degree of maturity is reached.

#### **Falling Fruit?**

Most likely the tree is self-thinning if fruit that is dropping is small (20c coin size) and the tree is overloaded. Water stress could also cause this. Ensure the root zone is kept damp.

#### **Slow Growth**

Could be caused by:

- too much fertiliser at planting,
- lack of moisture,
- heavily compacted soil,
- root-bound stock,
- planting too deeply,
- slow growing rootstock – used for its greater resistance to root rot.

#### **Thick Rind?**

Could be too much nitrogenous fertiliser applied in late summer.

#### **Collar Rot?**

This fungal disease is caused by a soil-inhabiting fungus that thrives in damp conditions. Always spread fertilisers evenly under the mulch and water in well. Leave a clear area, about eight to ten centimetres, around tree trunk (weeds, vegetation or mulch close to the trunk, will provide ideal conditions for fungus to develop). The rot develops under the bark and ringbarks the tree.

#### **Note**

Don't discard the wind- and sun-marked fruit. It is likely to be the sweetest because it generally grows on the outside of the tree and receives more sun. ☼

## **RECIPE BOOKS**

<b>Zucchini</b>	400 recipes – \$15.00
<b>Lemon</b>	404 recipes – \$15.00
<b>Broccoli</b>	400 recipes – \$15.00
<b>Silverbeet</b>	202 recipes – \$12.00
<b>Eggplant</b>	184 recipes – \$12.00
<b>Cauliflower</b>	232 recipes – \$12.00

*All prices include postage.*

P & R Deakin

226 Maroondah Hwy, (PO Box 396),  
Croydon, Vic 3136

Ph: 03-9725-6775 Fax: 03-9733-2774

## **GUILDS AND THE PERMACULTURE GARDEN**

Permaculture is not so much about individual plants as it is about how you make the connections between different plants and other elements in their ecosystem. For example, you might want to plant a lemon tree, acacia, lavender, nasturtium and ground cover in your garden. Planted in close proximity they will assist each other. The short-lived acacia will grow quickly and shelter the lemon sapling and be on the decline when the lemon tree needs more room. The lavender and nasturtium are companion plants for the lemon and, if the ground cover is clover, the clover and acacia will not only provide mulch but add nitrogen as well (they are leguminous). They will also attract bees and birds.

To complete this guild you could have a small pond, hollow log, rock pile or clay pipe to shelter the frogs and lizards that will do the insect control. Another dimension would be added if a chook could scratch around in the winter to eat any overwintering pests.

Some other important aspects of a permaculture garden would be holistic design (overall garden design that considers connections), productivity, integration, microclimate considerations, organic practices, recycling, seed-saving, use of local resources (preferably recycled), nonhybrid seed use, self-seeding, integrated pest control, companion planting, worm farming, environmentally friendly practices, mulch use and the growing of it on site, weed barriers, water saving measures, energy saving (yours and other).

All these methods are simple common sense, and all are about the permaculture ethic 'Care for the Earth'. ☼

**Dorothy Creevey**

## **NITROGEN IN THE SOIL**

Dead soil organisms provide slow-release nitrogen for our plants. About 45 percent of the dry weight of insects is nitrogen. ☼

# An Inexpensive Potting House

by Jose Robinson, Pomona, Qld.

My new inexpensive garden potting house is one of the places around my garden that I am happiest in. Good vibes abound there. One end faces north-east and the other south-west, so it gets a smattering of morning sun one end and a small amount of afternoon sun the other end. The top covering is made of shadecloth, so new and tender seedlings are happy throughout the hot part of the day. It is an ideal feng shui site.

Every gardener, no matter how small their gardening area is, needs some sort of a sheltered potting area to propagate plants and start off seedlings, where both gardener and plants feel happy, comfortable and sheltered.

The overall cost of my potting house was only for a few screws, some preloved timber lengths from a second-hand timber yard and some preloved shadecloth from the dump shop. An area between a rock retaining wall and a large water tank was the ideal site for me, because it was close to the house and hose, yet not too far removed from the main garden and food forest area. When I need to move several potted plants or seedlings out in the big wide world of my garden, it is just a matter of loading up the wheelbarrow and I'm in business.

To build this very simple structure, first we took some measurements of my requirements as to length. The width was predetermined by the available space between the rock wall and the water tank. We worked on four metres for the length, each metre roof span with a polypipe support one metre apart. The width of the potting house is 1.45 metres. Head room was important, as I wanted to feel comfortable when working. Also I wanted sufficient head room for taller visitors to my garden. Two metres was decided upon for the central height.

Good old faithful and easy-to-work-with black polypipe was to be the upper half framework and we just happened to have some left over from another job. We used 45-millimetre-diameter polypipe which, when left in the sun to warm, will bend to whatever



Between a rock and a water tank Jose's new potting house is a sheltered and comfortable propagation site.

shape one desires. We bought eight lengths each 1.6 metres long of 70 x 50-millimetre second-hand hardwood for the frame to support the four polypipe roof curves. In fact, 300 millimetres of this hardwood disappeared down the eight holes we'd dug for the uprights. After concreting them in and allowing them to set overnight, we attached the four polypipe roof frames using long screws. We predrilled the holes. Also we screwed a central coverstrip to keep the polypipe from splaying out till we could get the shadecloth roof attached.

Next job was to erect two shelves along each side wall. One to be at a height of 500 millimetres from ground level, and the top one would be a working surface, approximately 500 millimetres higher. These we made from preloved flooring tongue and groove. We supported the shelves with timber

brackets made from scrap timber we had on hand. The higher shelf is a comfortable working height for me, but shorter people may need that a bit lower.

We slapped on some olive green paint to blend in with the bush. When that was dry it was time to put on the shadecloth roof. We used no nails or screws to attach the roof, but simply cut approximately 24 rounds of polypipe (the same diameter as the roof support), making them about 50 millimetres wide. Then we cut each piece across using tin snips to make simple slip-on clips with which to fasten the shadecloth. The homemade clips push on easily and, providing you hold the shadecloth taut when working, you end up with a strongly attached roof.

The only remaining thing to do was to move in the new residents, namely seedling trays, pots, pails of potting mix, trowel etc and me, the gardener. ☘

# Heritage Sheep Breeds

## THE PERENDALE AND THE ROMNEY

by Megg Miller, Nagambie, Vic.

A chance comment about sheep at a recent small farms day was a salient reminder that many new landowners are unaware of the range of heritage sheep breeds available and the features which distinguish one from the other. They're often hardier and more suitable for beginners than Merino derivatives, and they're certainly a lot more fun. Of course, if you only want sheep to eat grass and place no demands upon your time, consider a ride-on mower.

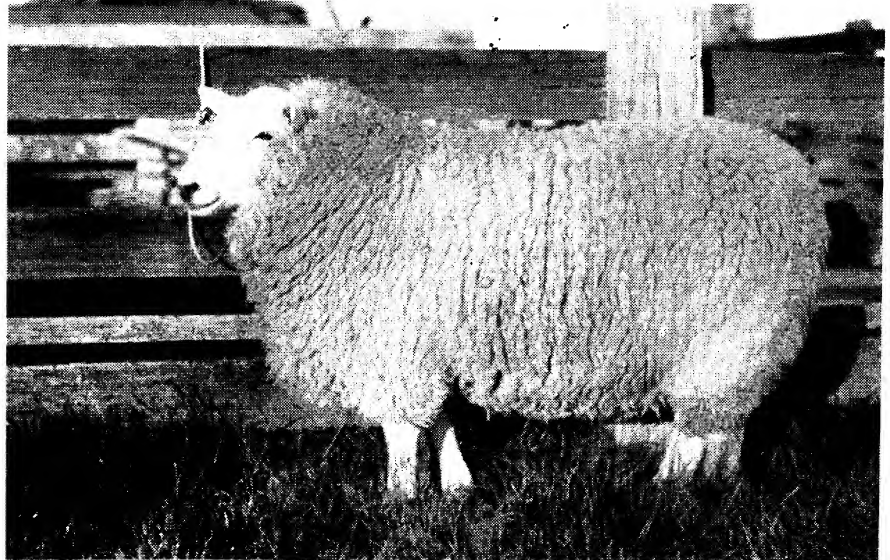
Sheep are high maintenance creatures, so before buying make sure you choose a breed you like and are happy to allocate time to. Animals that have little contact with humans are a nightmare – a few minutes spent quietly talking while you run your eye over individual animals reaps rewards when you have to yard the flock and carry out routine tasks. Keep in mind that where small numbers are kept breed selection is important. Breeds vary in temperament as well as appearance, constitution and productive traits, so allow time for a thorough evaluation.

This series will reacquaint you with well-known heritage breeds and introduce you to others that are numerically very low. Hopefully, when you're ready to buy sheep or replace existing stock, you'll consider a rare breed and look for one with attributes to suit your unique needs.

### PERENDALE

Perendales have been in Australia for close on 50 years, but there are still many small landowners unacquainted with them. This is a pity because they are well suited to hilly country and marginal conditions where an easy care sheep is required.

Perendales originated in New Zealand from matings of two strong-wool breeds – the active alert Cheviot, a mountain breed, and the centuries old Romney Marsh, an inhabitant of open marsh country in south-east Kent. The



The Perendale ram is energetic and highly fertile.

resultant crossing and subsequent fixing of type produced a breed able to handle the extreme weather and rugged terrain of parts of New Zealand, quickly multiplying to become the third most numerous breed there.

Following introduction to Australia in the late 1950s the breed impressed with its adaptability to diverse environments and conditions and spread to all states barring Queensland and Northern Territory. It's ideally suited to hilly country and where animals are expected to wander in search of food. Ewes have highly developed maternal qualities, capable of and in fact preferring to give birth on their own without assistance, and able to protect offspring from most predators. Add these features to easy management and versatile production and you have a handy breed either to keep as a purebred or use in crossing programs.

### Breed Profile

**Temperament:** Alert, intelligent, responding best to quiet handling so farm bikes and noisy dogs are not recommended. Ewes are strongly protec-

tive of young.

**Size:** Medium; adult ewes are about 50 – 60 kilograms and rams 66 – 80 kilograms. Sucker lambs reach 14 – 18 kilograms.

**Recommended Environment:** The Perendale was bred to go up and down hillsides and to prosper in high rainfall areas, but will quite happily adjust to a wide range of soil and climate conditions. A characteristic of this breed is its ability to utilise rough fibrous feed, enabling it to be run on marginal country and in dry areas. This doesn't preclude it being kept on good pasture where faster growth will be achieved in lamb production.

**Fibre Character:** Perendale fleece is finer than that of most strong-wool breeds, around 28 – 34 micron, and is noticeably springy with an even crimp and a long staple over the entire fleece. The springiness of the fibres enables them to return to shape after compression, entrapping layers of air which enhance the insulative effect and increase the warmth of garments without adding extra weight. A further use

for fleece is in carpet making where it's used as a high bulk filler wool. Perendale fleece also differs from that of most other strong-wool breeds in that it is chalky white and low lustre, thereby being very suited to dyeing in pastel shades. With high multiple birth percentages, Perendale ewes do an excellent job rearing lambs as well as producing fleece.

**Carcass Production:** With high fertility a feature of rams and ewes renowned for their mothering ability, lambing averages of 120 – 140 percent can be expected. More lambs reared mean more dollars in the pocket. Maiden ewes can be joined to lamb at 12 months provided they're well grown, while older ewes are known to continue to lamb longer than most other breeds. Lambs are vigorous growing, with a carcass that has a low fat to meat ratio. Wethers and even old ewes show little inclination to lay down excess fat. The Perendale ram may be used over Merino ewes or other long-woolled breeds for prime lamb production and for breeding first-cross ewes.

**Breeding:** Rams are active and fertile, recommended joining rates being one ram per 75 ewes. Ewes under good management will achieve lambing percentages of 120 – 140 percent and rear most of them. Ewes do best if left to lamb alone and have a reputation for being fiercely protective of their young. Even Perendale-cross ewes inherit the protectiveness and mothering ability. The breed is considered well suited to late lambing districts.

**Special Features:** You can't discuss Perendales without mentioning their hardiness. They come through droughts and difficult seasons better than most other breeds, they're efficient at utilising poor fibrous vegetation, their conformation enables them to move easily over hilly or difficult terrain so they are active foragers, and their bare face not only reduces work but gives them a clear view of their world including possible danger. Black feet signify hard hooves that cope well with wet conditions.

#### **Association Viewpoint**

The Australian Perendale Association recommends the breed as the original, easy care sheep. They need good management, but not close supervision. They're easy to move, don't need foot trimming or wiggling, and show considerable resistance to worms. They're



Perendale ewes – highly protective mothers.

also hardy and independent and are a good self-replacing breed.

#### **ROMNEY**

Originally called Canterbury and later Kent or Romney Marsh, this long-woolled breed boasts a history that can be traced back over many centuries. Romney Marsh, a bleak swampy area battered by wind, was a sheep fattening area as early as the thirteenth century. Separated from the rest of England by the vast Wealden Forest in Kent, the area's isolation enabled local sheep to remain relatively pure, selection occurring in the harsh environment in favour of the fittest and strongest. The damp ground plus the high stocking rate in the area created the hardy constitution that characterises the breed even now.

Romneys – the 'Marsh' being long abandoned – came to Australia from New Zealand in the 1890s. Specimens had been in New Zealand since the 1850s. Although they have enjoyed periods of popularity here they never really took off. By contrast, they dominated New Zealand sheep numbers for much of the twentieth century and contributed to the make-up of the Drysdale carpet wool breed as well as the Perendale. The drier climate of Australia favoured other breeds and, despite a period around the 1950s when Romneys were much sought, they've largely been a specialist sheep.

Numbers today are low and there are only a handful or two of stud breed-

ers. On a positive note, they're an ideal handspinner's breed. The wool is long, soft and easy to handle and coloured specimens of Romney enable the most attractive range of colours to be produced. Owners find the breed quiet and friendly and have no trouble selling fleeces or over stock.

#### **Breed Profile**

**Temperament:** Generally quiet and friendly. That their woolly top knot often falls over their eyes may in part contribute to ease of handling.

**Size:** Large framed, especially stock that has received an infusion of New Zealand genetics. As this is a dual purpose breed, farmers say the bigger the frame the better the return from carcass and wool. Expect to see some variation in size between the longer, bigger and stronger stock with New Zealand bloodlines and some local lines. Improved stock may reach weights as

## Perendale

### The Easy Care Sheep

The Australian Perendale Assoc



For details contact  
Maureen Nissen 03-5777-3670





Romney are large framed and produce excellent prime lamb.

high as 45 – 65 kilograms for ewes and 60 – 68 kilograms for rams. Lambs average 13 – 22 kilograms.

**Recommended Environment:** Romney's are happy to puddle around in high rainfall areas and where drainage is poor, but will also prosper in drier areas. As early as 1915 their constitution was described in the annual flock book as having 'remarkable resistance against fluke, foot rot and other diseases developed in low lying country'. Breeders notice that the wool is finer from specimens kept in dry areas.

**Use:** They're called the versatile money maker because they produce a high quality fleece as well as young, heavy, export sheep for the Middle

East. Rams can also be sold for producing first-cross ewes or for prime lamb production. Breeders report no difficulty in selling excess stock.

**Fibre Character:** This will vary a little depending on environmental conditions, but the Romney grows a heavy cutting fleece that is demi-lustre, 30 – 37 micron and soft to handle. Sheep are shorn every six to eight months, so an eight to eleven centimetre staple is cut, the clip sold commercially for carpet fill. Handspinners prefer a longer

staple; 12 months growth may be as long as 18 centimetres.

**Carcass Quality:** Under good management early maturing lambs can be produced. Lambs are large and lean, and, with multiple births not uncommon, good lambing percentages can be anticipated.

**Breeding Characteristics:** Ewes are quiet, good mothers and don't become greatly upset if lambs have to be handled at birth. They are known for their longevity – ewes frequently live beyond ten and are still fertile and capable of lambing. The breed's strong constitution results in good rearing percentages.

**Fertility:** Is average with rams, and provided nutrition is good, multiple births are common, twins mostly but occasionally triplets.

**Breed Attributes:** These include excellent foraging, with the flock spreading out and grazing all the area available. Romneys are quiet, adaptable and easily contained, and don't have a reputation for being hard on fencing. They're also extremely hardy and highly resistant to parasites as well as foot rot. They come out of dry seasons better than many other breeds and have the ability to bounce back after setbacks.

#### Association Viewpoint

The Australian Romney Association emphasises the tough strong constitution of the breed, its excellent mothering ability, high fertility, heavy fleece and versatility in producing first-cross ewes or early maturing prime lamb.

Next issue we look at the Shropshire. 🐑

The Versatile Money Maker

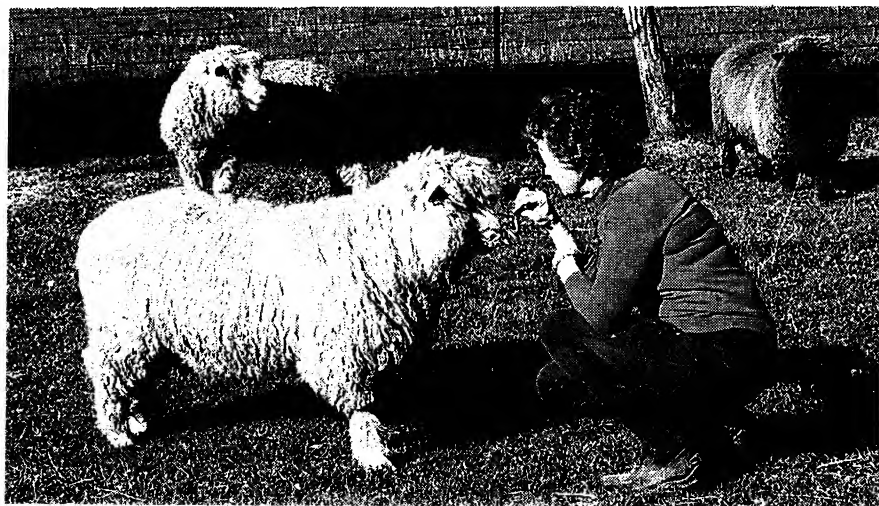
## Romney

*'No better wet country breed'*

Australian Romney Association



Secretary  
Jacque Carr  
03-9428-4384



Romney, including rams, are quiet and friendly.

# Pest Blasts From The Past

by John Armstrong, The Gap, Qld.

Before the advent of synthetic pesticides in the 20th century, gardeners had to rely on their own wits and materials close at hand to battle insect pests. Although we might imagine our forebears hopelessly swatting locust swarms with brooms, it seems as if they had an easier time of it than we do. As the following selections make clear, gardeners past also used their imaginations more. Some of their solutions were remarkably simple:

'Take fine dry dust from a common road, sift it through a fine riddle so as to remove all stones and lumps, and apply freely with the hand when the dew is on the plant. It was, with me, a perfect success last year. No bug was ever seen upon squash, melon, cucumber or pumpkin.' (*The Horticulturist*, February 1893)

Soap suds, tobacco (water or smoke) and hellebore were used on many pests. Whiskey was recommended for mealybugs, salt for cabbage lice, and common black pepper as a cure for green cabbage worms.

'About a quarter of a pound (125 g) of pepper is used on a hundred heads of cabbage and is sifted on in the morning, when the dew is on. A thrifty German mechanic informs us that he mixes pepper and coal ashes together and sprinkles on the mixture with perfect success in the destruction of

worms.' (*Vick's Monthly Magazine*, September 1879)

Gardeners must have been made of harder stock then, for some of the cures seem worse than the diseases. *The Shaker Gardener's Manual* (1843) advocated pouring on fermented urine to prevent rootworms and cabbage lice.

A Mr Ducharte described to the French Horticultural Society in 1880 his method of destroying May beetle grubs 'by digging holes and filling them with rank manure. The larvae speedily find out these congenial homes and are easily destroyed.'

*Vick's Monthly Magazine* recommended a not-so-appealing procedure for destroying ants: 'Place meat, bones or pieces of sponge with sugar in them in the way of the ants and occasionally pick them up and drop them into hot water.'

Many remedies seem suspect, like the widespread early 19th century practice of pounding nails into fruit trees to prevent borers. Users should exercise caution with botanicals – just because they are 'natural' does not mean they are harmless. Some are extremely toxic. Most botanical pesticides are nonselective and will kill beneficial insects, including honeybees. Spraying at dusk, when bees are least active, will help to minimise the risk. Also make sure to take the same precautions you would take with other pesticides – wash exposed skin after handling, avoid breathing the pesticide and prevent contact with eyes and cuts. Some of the most popular botanical pesticides are described below.

Rotenone is derived from the roots of several plants, including *Derris* spp\*, *Lonchocarpus* spp and *Tephrosia* spp (the latter two have also been used as fish poisons in South America and tropical Africa). It kills many types of pests, including squash bugs, cucumber beetles, Japanese beetles, mites and thrips, but since it is unstable in sunlight, air and water, will remain effective for only three to seven days. It can be applied as a dust or in a water solu-



Leaf of Muscatelle tobacco.

tion. It is very toxic to birds, fish and pigs and will kill beneficial insects. Rotenone is a stomach poison and a slow acting nerve poison that inhibits respiratory metabolism in cells. Follow application directions on the pack.

Quassia is perhaps the safest of the botanical pesticides. Sold in the form of wood chips, shavings or bark of the quassia tree (*Quassia amara*, a tropical plant), quassia is effective against aphids, caterpillars and most soft-bodied insects. It does not harm bees, ladybugs or other beneficial insects. To be used as a spray, the material needs to be soaked in water for two or three days, then simmered over low heat for a couple of hours, strained and mixed with soft soap.

Neem, although used for centuries in south-east Asia, is a relatively new botanical pesticide to this country and is still not widely available. Made from the leaves and seeds of the East Indian neem tree (*Azadirachta indica*), neem extract is effective in controlling more than 80 insects, including leafminers, Colorado potato beetles and Japanese beetles. Neem extract is systemic, acting from within the plant. When added to the soil, neem compounds enter plant roots and are transported to the leaves,



General Grant tobacco.

making them toxic to insects. The pests either pass by the treated plants or eat some of the leaves and then fail to develop properly and die before reaching adulthood so that they don't reproduce. Boil a pot full of neem leaves and seeds for 10 minutes. Cool and use as a spray, or purchase neem extract from your local hardware store.

Pyrethrum, made from *Chrysanthemum cinerariaefolium* or *C. coccineum*, is probably the most widely used botanical pesticide. Grow, harvest, boil (as above) and apply, or purchase ready-made powder of pyrethrum flowers.

There is a bevy of other botanical concoctions reputed to control insects. You may experiment with them yourself.

Pepper has been used against ants, mites and various caterpillars. Sprinkle powder around problem areas.

Wormwood spray is recommended for controlling soft-bodied pests such as slugs and aphids, and garlic oil spray mixed with liquid soap has been used against a variety of insects. Prepare by boiling leaves as for neem extract (above).

Best of all the old-time pest remedies is Cond's crystals (purchased from your chemist). Drop a few of the



red crystals into an old bucket that you won't mind having stained forever. The water will turn pink, then burgundy red. Immerse pot plants, foliage and all, into the Cond's mixture to kill all worms, ants, aphids, red spider, mealybugs and root nematodes. Cond's crystals can be used in the same way in the garden. When draining pot plants, do not place on concrete or paving, as the Cond's crystals will stain. Leave on the lawn to drain.

Mildew is most likely to make a nuisance of itself if the air is hot and damp. There is no cure and no real preventative; the spores are everywhere.

Mildew can be controlled by regular spraying with two teaspoons of sodium bicarbonate in four litres of warm water. That sounds too good to be true, but it does work.

Chlorine is an effective sanitiser, however, it rapidly evaporates from the prepared solution. The concentration normally used is one part of household bleach (four percent chlorine) to seven parts water, giving a strength of 0.5 percent. Use of stronger solutions might harm plastics and metals. The half-life (50 percent reduction of strength) of such a solution is only about two hours. Thus, after two hours, only 50 percent of the original chlorine remains in the solution. After four hours, only 25 percent remains, and so on. Objects (such as pots, stakes etc) to be sanitised with chlorine require 30 minutes of soaking in the 0.5 percent solution.

For past issues containing articles on safe control of garden pests see GRs 76, 108 and 109. Articles about neem were in GRs 98 and 109. ♣

\* Derris has been linked to Parkinson's disease, so take all safety precautions if using it.



## Netting & Mulch Mat

### Protect your crops against birds, hail & bats

- Quality knitted, woven throwover and permanent canopy netting for crop protection
- Strong twisted knotted netting for use over dams & ponds
- All our netting is U.V. treated for Australia's harsh conditions
- Reflective Mulch Mat for use with berries, stonefruit, grapes, citrus, herbs & apples – increased and earlier yields, soil moisture controls, the only dual surface mulch mat

*Free samples & brochures available ~ we ship Australia wide*

~ NETCRAFT PTY LTD ~

Bundalla Road, Margate, Tasmania 7054

Telephone: 03-6267-1111 – Fax: 03-6267-1122

Email: [agn@netcraft.com.au](mailto:agn@netcraft.com.au) – Web: [www.netcraft.com.au](http://www.netcraft.com.au)

## Vegetables Herbs Flowers & Bulbs

Established 1923

Australia's best range of old and new varieties in Home Garden packets. Many special purpose varieties and definitely no Genetically Modified Seed stocked or sold.

Our FREE 40 page colour catalogue gives full details and is available now. Just mention GRASS ROOTS when requesting your copy. No obligation.



**New Gippsland  
Seeds & Bulbs**



Internet: [www.possumpages.com.au/newgipps/index.htm](http://www.possumpages.com.au/newgipps/index.htm)

Email: [newgipps@bigpond.com](mailto:newgipps@bigpond.com)

Postal: PO Box 1, SILVAN Vic 3795

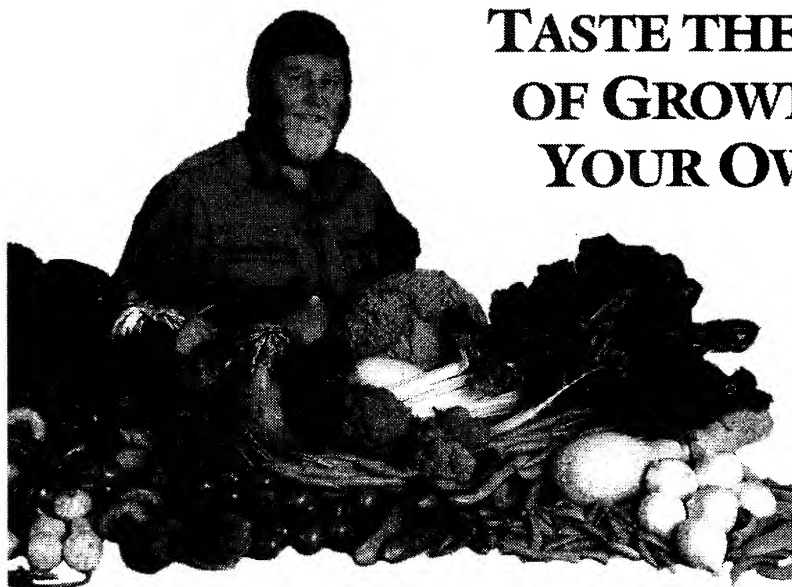
Farm: 181 Queens Rd, SILVAN.

Telephone: 03-9737-9560

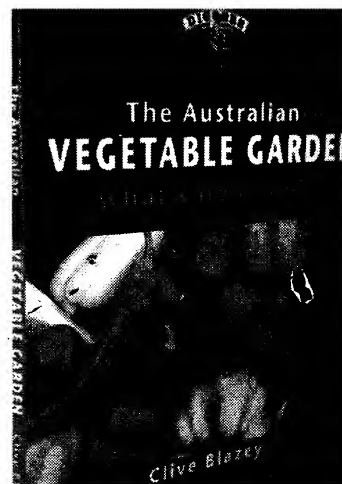
Freefax: 1800-088-077

ABN 57 027 073 558 ACN 006 612 988

# TASTE THE JOY OF GROWING YOUR OWN



Introducing the most comprehensive book on growing vegetables without chemicals in Australia – 'The Australian Vegetable Garden', written by Clive Blazey, founder of 'The Digger's Club'.



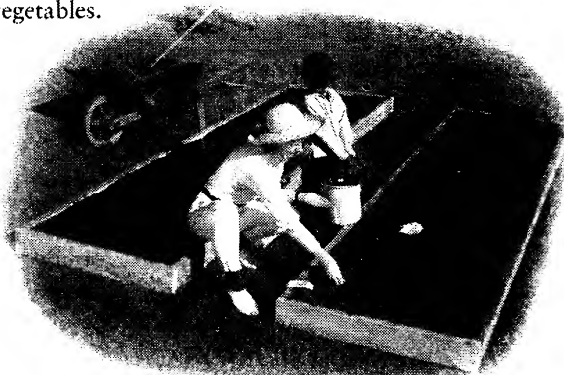
**Australian Vegetable Garden: 128 pages.**  
Retail price \$29.50, new Club price \$19.90, with a 2 year membership, just \$16.

Join The Digger's Club for 1 year and save \$28.60 on seeds and \$9.60 on the book.

**\*SAVE  
\$38.20**

## NO CHEMICALS AND NO GMOs

It's easy, rewarding, and will save you a small fortune in your weekly grocery bill. All while you get fresh, organic vegetables free from pesticides and definitely not genetically modified, right from your own garden. You'll get more variety, more goodness and more flavour from your vegetables.



*Discover the pleasure of growing vegetables for your family*

## MINI-PLOT – A YEAR'S SUPPLY OF VEGETABLES

'The Australian Vegetable Garden' will show you how to grow a year's supply of your vegetables in just a 10 square metre bed. That's less than the size of the average one car garage. Plus as a newly joining member of the Digger's Club you can purchase your first year's seed for your Mini-Plot free, a saving of \$28.60.

## JOIN THE DIGGER'S CLUB

The Digger's Club is Australia's largest garden club, helping gardeners grow healthier vegetables and the best flowers. We send five beautiful colour catalogues with 176 pages of advice- save up to 30% on bulbs, perennials, trees and shrubs and 45% on our books. Take advantage of our special offers to save immediately. Club members are offered up to 14 packets of seeds free every year.



**DIGGERS**

The Digger's Club  
105 La Trobe Parade, Dromana VIC, 3936  
Phone: 0359 871877 Fax: 0359 814298  
Web: [www.diggers.com.au](http://www.diggers.com.au) Email: [orders@diggers.com.au](mailto:orders@diggers.com.au)

GR0702

Mr/Mrs/Ms.....

Address.....

Postcode.....Daytime phone no.( ).....

Please enclose your cheque, money order or ☐ Mastercard ☐ Visa

☐ B/card (\$10 min) [ ] [ ] [ ] [ ]

Signature.....Expiry date /

Australian Vegetable Garden		
(club joining price \$19.90)	\$29.50	[ ]
With a 2 year membership	\$16	[ ]
Mini-Plot Starter Seeds	\$28.60	[ ]
Digger's Membership		
- 1 year	\$29.50	[ ]
- 2 years	\$45	[ ]
<b>*SPECIAL CLUB MEMBERSHIP</b>		
(1 year). The Australian Vegetable Garden,		
free Mini-Plot Starter Seeds, free post	\$49.40	[ ]
<b>*SPECIAL</b> with 2 year membership	\$61	[ ]
<b>TOTAL \$</b>		[ ]





# Land – How Much Is Too Much?

by Alan Stewart, Alexandra Hills, Qld.

**Vicki Judd's article in GR 149, 'Country Living – Not For Everyone', has initiated a flurry of correspondence on the viability, practicality and desirability of the much aspired to move to a country paradise. Alan Stewart's contribution to the debate points out just how much can be achieved on a suburban quarter-acre. His pragmatic conclusion – that anyone who can't manage a quarter-acre block certainly couldn't cope with acreage – is inarguable.**

For some folk I know a window box would be about it, but let's be serious. Readers' letters in *Grass Roots* are always fascinating, especially those desiring a seachange in their lives, dreaming of those mystical five acres away from the big smoke. The ABC series 'Seachange' triggered such a move. The series was very popular and most enjoyable in a light-hearted way, even though it glossed over the main problem of a move to the country, that of making a living. Seven's new series '2000 Acres of Sky' is better in so far as it's somewhat bleaker and more realistic about the viability of small communities. This is a worldwide problem and certainly not confined to Australia. So, would a move to the country be a realistic one? Probably not, but it is a

very pleasant fantasy.

With the withdrawal of services like banking, post offices, school closures, etc, many small towns are in serious decline, indeed a few are in terminal decline. Increasingly, the vast majority will reside in city boundaries. In spite of its drawbacks, traffic, noise, pollution, congestion etc, the challenge of city living is to make the best of it, the hankering after a few acres simply isn't realistic for most folk. So the article by Vicki Judd 'Country Living – Not for Everyone', is excellent, even though she does want some acreage later on and good luck to her. As she points out, you might have to travel to find employment and this could negate a cheaper property. Travel isn't cheap and is quite likely to become more expensive in the future.



For some folk a window box is all the garden they can handle, others can achieve a high level of self-sufficiency on a quarter-acre block.

Many letters express a desire for self-sufficiency. Total self-sufficiency is impossible, but a fair measure of partial self-reliance is perfectly possible on a suburban allotment. It just needs suitable planning. This is where articles about organic gardening, permaculture, make do and mend, waste not want not and craft articles can be of great assistance, and they're great money savers.

City living does have a few advantages: handy services and entertainment. For crafties, recyclers and junksmiths, cities are wonderful generators of material wastes and offcuts. Nature's finest fertiliser, the good old ess-aitch-one-tee is widely available around the outer suburbs, as is lots of free mulch from neighbours' prunings. On our quarter-acre block we have 12 fruit trees, these include avocado, nectarine, persimmon, mulberry, macadamias, various citrus trees, pawpaw and banana groups. There is a frog pond; we have vegies growing in borders and raised beds, also a chook enclosure, and there is still room for native trees.

Anyone can do the same. Gardening for self-sufficiency can be a wonderful stress-reducing exercise, even in the cities. Although the quarter-acre block has long since gone in many areas, the fact is families are now much smaller. Almost half our homes now only contain one or two people, so large areas are no longer needed. One final point is that quarter-acre blocks are still available in the outer suburbs, so why not give city self-sufficiency a go, then, if you're really good at it, acreage might be the way of the future. Try before you buy and perhaps save a lot of expense and heartache later. After all, if you can't manage a quarter-acre block you certainly won't manage a lot more. 🍷

# FISHY TAILS

by Neville Jackson, Valhalla.

## Pond fish have numerous uses in an organic garden.

A body of water is much more than a reflective surface, it is a dynamic three-dimensional entity in which a garden's life cycle has continual events. Water creatures interact with airborne organisms as well as micro-organisms in the sediment. To relax and observe these happenings from the verandah, with a glass of homemade wine is one of our afternoon pleasures.

After our fish pond was constructed we let the rainwater it contained sit for a fortnight to gain energy from the sun and allow micro-organisms to establish. Then when we were in town for essentials, Dianne and I called in at the local pet store. A tank of small red comets looked good (they were also the cheapest). I bought four.

At home our finny friends took to the pool like fish to water. They looked a bit lonely though, so next visit to town we went back and bought another four.

One time we ran low on fish food, so tempted our piscatorial friends with a variety of crushed breakfast cereals. Not much interest was shown until I tried Vita Brits (the organic one). A sprinkle received a good response, so much so that after regular bought food recommenced, we found they preferred Vita Brits. I posted a letter and photo of this feeding frenzy to Uncle Tobys and suggested that if they ran out of 'iron persons' for their advertisements they might consider goldfish as their television stars. They declined with thanks. Besides mosquito larvae and any moths that happen to fall into the water, goldfish pull under any flies swatted and flicked into their domain. However, never give them insects killed by fly-spray or other pesticide and avoid any garden spray drift (organically approved or otherwise) near the pond.

Around the main pool we planted shrubs with nectar-rich blossoms, especially callistemons with different flowering periods, also hakea, tea tree and ground covers such as native sar-



Ponds have many benefits in the garden, both practical and aesthetic.

saparilla and native strawberry, with seedy native grasses for our double-bars and firetails.

A large variety of frogs soon adopted our water features and we suspect both fish and amphibians keep each other's egg numbers in balance.

Because of our pond's location central to the main garden area, a great variety of insect pest predators make their way across, through and above our gardens to the water features. On their way they clean up many pests and pollinate some plants.

A variety of birds fly in during each day for drinks or to bathe in the three birdbaths of natural bowl-shaped granite slabs that we keep filled with rainwater. As well, lizards, hornets and other predators avail themselves of this permanent water. This all helps maintain the ecological balance of our organic gardens. Another advantage of pond water is that it attracts any mosquito in the area. The resultant larvae are excellent fish food.

As the main pond has a black builder's plastic liner, there was always the possibility of a leak. This did come about one day when we heard a commotion in the pool.

Dianne called out, 'Quick Neville. There's a snake in the pond!'

On went the gumboots and I grabbed a rake. Sure enough a black snake swam in circles, fish at high speed scattered in front of it.

Tentatively, I stepped down into the now murky confusion.

'Neville! Be careful!'

Now she tells me.

My strategy was to hook the snake out of the pond with the rake and toss it well away. The snake preferred to chase fish. Trouble was, the fish decided my gumboots were 'the place to be' and milled about my legs.

After several attempts I managed to hook the snake in the tines and deposit the red-bellied black on the path where it took off, pursued by one of our local kookaburras. Unfortunately, in the

melee the metal rake handle tore the plastic below the water level. A finger probe revealed a tear about 25 millimetres long, around 15 centimetres from the bottom. As that would leave a safe amount of water for the fish, we bucketed some water onto worthy plants and let some soak away into the native shrubs.

Dianne kept a watch on the kookaburra, perched above a certain hollow log just outside the garden fence. We took a look. Sure enough, a small black and shiny head with beady eyes contemplated the three of us from the safety of a knot hole.

'I don't want it living this close,' said Diane.

'No. It'll be straight back into the pond.' I grabbed a chain and backed the Toyota near the log. After the chain was attached I towed the log, complete with resident, down to the dam. Haven't seen Joe Blake since.

Next morning we bailed some more to lower the level below the tear. After a wipe-over to dry the plastic, I cut a round patch of the same material about 100 millimetres in diameter. Liberally smeared with Tarzan's Grip (yes, the same glue we made jokes about so long ago), the patch was held in place for a few minutes. This mend has remained watertight for over five years.

In another pond made from a tractor tyre and two thicknesses of black builder's plastic, we placed two larger red comets, Hanna and Henry. They appeared contented enough in their new home, until, about a month later, Henry disappeared. I searched all about, moved the water lilies and weeds. No Henry!

Hanna was renamed Hannibal for we presumed she had succumbed to exotic hunger. It's not only female spiders and praying mantises that love to have a man over for dinner.

So the tractor tyre pond became her solitary confinement for over a year. The water lilies bloomed white and pink, the nardoo spread and birds and lizards drank by virtue of the knobbly stick in the water. All the while Hannibal dutifully rose to feed in the afternoons. Lonely she may have been, but alone she had to stay.

Eighteen months after the pool was made I decided to move one of the lilies out and thin the aquatic weeds,



Pond plants can be thinned out from time to time for a useful mulch and pond water makes great liquid fertiliser.

useful for vegetable mulch. Hannibal was netted out into a bucket, then the pool was emptied bucket by bucket onto vegetables that fed us. The last of the water had Henry in it! Where he had hidden all that time beat us. Dianne made me apologise to Hannibal, renamed Hanna once more.

At one stage we considered a 12 volt bug-zapper, suspended over the pool and powered by solar panels, but settled instead for the occasional use of a kerosene flame torch. The fish enjoy a summer barbecue too you know.

Our red comets spawn in early spring and then throughout summer, especially if thunderstorms are imminent. It's possible fish are sensitive to low barometric pressures at that time.

Pool water is placed as-is on productive food plants and natives, or used as a liquid base in a fertiliser mixture. Herbs that contain useful nutrients such as comfrey, yarrow, nettles, lucerne and dock, plus any gross feeder weeds are chopped coarsely into a black garbage bin and topped up with green pond water. Stored in the sun for several weeks the liquid becomes highly antisocial but very beneficial to anything vegetal. For general use the mixture is diluted 1:10 with more pond water and used either as a foliar sprinkle or on the mulched base of plants.

One afternoon we noticed a male fish in distress, it swam weakly in circles, on one side. I netted it into a bucket of water with a pinch of

Condy's crystals in it (to sterilise any biological problems). We then discovered it had been 'mouthed', with several puncture wounds on both sides of the spine, possibly from an attack by an antechinus, a carnivorous marsupial mouse. These are often seen around the garden in the afternoons.

I cupped the goldfish in my hand. It lay quietly there, maybe for protection, perhaps for support. Anyway I gave it what comfort I could for an hour until dark then left it in the bucket overnight. Next morning the male fish looked recovered so we placed him in an old bathtub with our waterchestnuts and a few mosquito larvae. 'Lonesome', as we called him, later received a lady friend. He was renamed 'Not-so-lonesome', and later still fathered lots of fry.

Fish seem to have a mental clock attuned to 'happy hour' and give loud 'glubs' and tail smacks to indicate their extreme hunger. Shop breadcrumbs (very rare at our place) just do not attract, but homemade breads – wow!

So, you see, goldfish ponds have a multitude of useful purposes in a garden situation: microclimate enhancement, pest reduction, maintenance of predator numbers, natural fertiliser and, not least visual, aesthetic and mental stimulation.

We really do like our fish, but you don't know where their mouths have been, so we don't kiss our finny friends. Don't want to catch *Piscatorial herpes*. ☘

# Giving Oneself A Lift

by Vance Avenell, Bundaberg, Qld.

**A simple and economical device to help elderly or incapacitated people cope with stairs. Do check safety issues with a knowledgeable person before proceeding.**

Crippling injury, by sickness or accident, can come to anyone at any time from out of the blue. It's no fun, rich or poor, though, of course the rich do have the advantage of being in an economic position to purchase things to make life somewhat easier. The rest of us must perforce call upon ingenuity to overcome fate's kicks in the pants. So this is about a spot of practical thinking I came across during my volunteer work with Meals on Wheels. Volunteers cook and deliver a midday meal to the homes of ill and disabled folk who find it difficult to care for themselves.

The delivery was to the old-style home of an elderly gent who could just

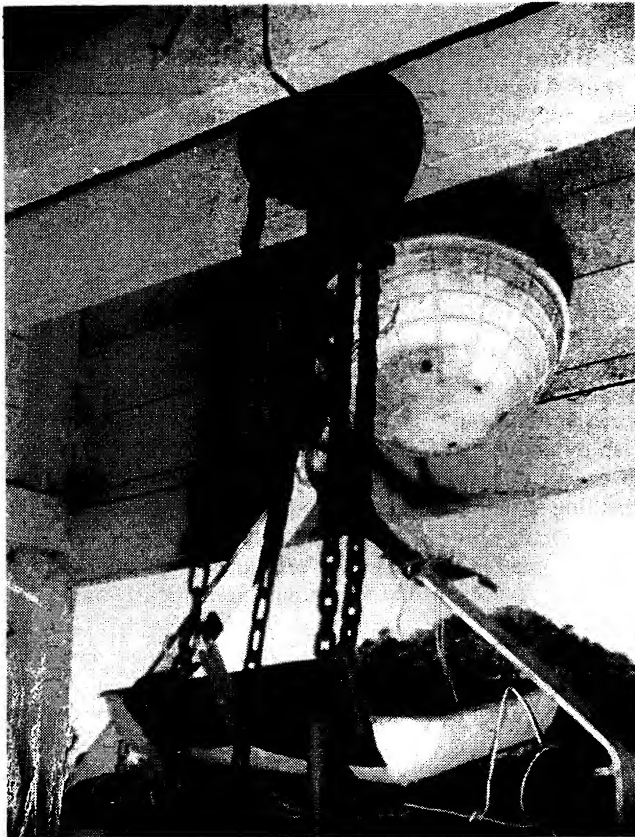
get about with the aid of a pair of walking canes and his frail wife. The task of mounting a flight of steps was an impossibility, and the old couple lived in a extremely high blocked house with a front porch.

With his wife unable to climb these steep steps, and also unable to afford a costly electric-powered step lift or elevator, old Bill had put his mechanical ingenuity to work.

What I looked at was a simple, not expensive, maintenance-free self-lifting device using everyday items. A hole slightly larger than the diameter of a solid 200-litre petrol drum was sawn through the porch floor directly beneath

an overhead rafter. A pair of cuts were made top to bottom on the side of the drum and the piece completely removed, along with the top, making it just possible to step through and stand inside the drum. Then an arch of heavy round iron rod was fastened to each side of the drum, high enough to clear an upright man's head, and a short length of light chain, with a snap clip on the loose end, was attached to the top on one side of the opening.

In general appearance it resembled an over-sized bucket, which, in effect, it was, for it was all suspended from the hook of an endless chain lift device, strongly secured to the overhead rafter.



Endless chain secured to two parallel beams across the verandah. The oven tray catches lubricant drips.



Drum nestles into supporting brackets beneath verandah to prevent spinning or swinging and allow safe entry.





# Creative Dream Home

by Karen Kneale, NSW.

**With property prices escalating, the dream of owning your own home can seem to continually recede. Karen Kneale describes how creativity, initiative and hard work can help realise the dream when cash is a scarce commodity.**

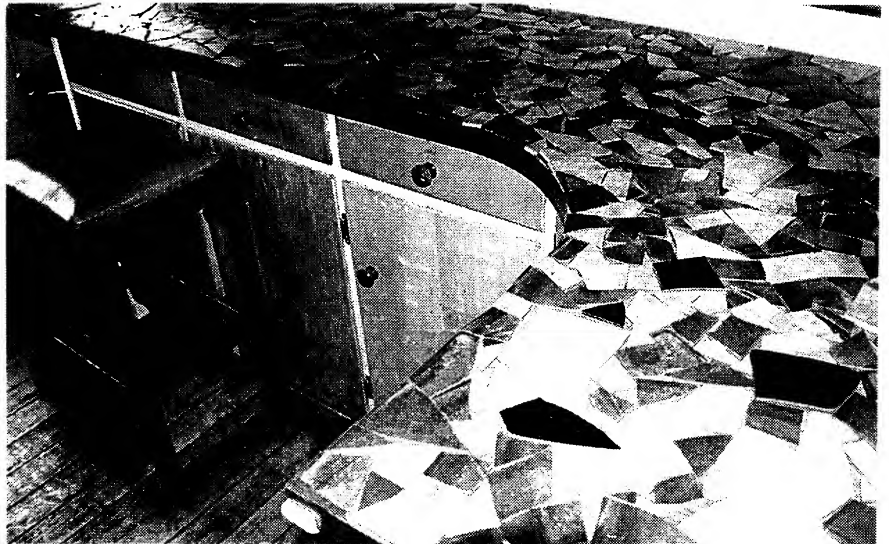
Building your home sounds great, but having no money can get you down. Thanks to my husband's muscles and mechanical mind and hands we were able to obtain an old shop for nothing. The owner didn't want it, so we did some work for him in return for the building. It was more hard work to get it home.

We have asked farmers with derelict homes if we could pull them down to get materials as long as we left the area clean. A lot of the timber is very interesting, the rest is put in a pile and burnt. Old doors, French doors, old windows, old ceiling lights, amazing things under the old homes, led to some exciting items for our home. We have been to many garage sales and clearing sales. At one we bought two kitchen cupboards and a clothesline for \$400. Often my husband does jobs for people to get something we need in return. A job for a mate earned us enough Berber carpet for our bedroom. We also had help from friends and neighbours to do different house renovations; a beer and barbecue helped them work.

We sanded the floors of our shop-home, put in the old doors, put the kitchen in. It had lime green bench tops and mushroom pink doors – yukko. So I looked around for cheap blue tiles and collected different shades. Then I smashed them up and put them on the bench top mosaic-style. I had a heap of fun doing that.

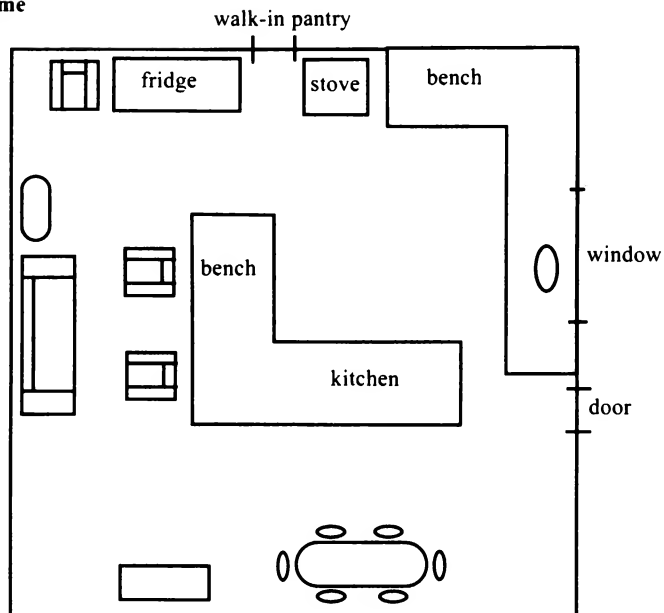
Then at Easter 2000 I looked at the cupboard doors and decided it was time to paint them, nothing plain, that's not me. I looked through heaps of magazines to get ideas and came up with some country themes: an old truck, a windmill, and maybe even my family. Out came the student acrylic paints and I was in the mood.

Because I live on a sheep farm I had stencils from the shearing shed. I



Karen's mosaic kitchen bench top.

Shop-Home



also had plenty of old timber from the many old homes we'd pulled down, and wire from a fence that we had just pulled down. I cut the timber to about 60 centimetres, drilled two

holes at the top, put some old wire through the holes to hang the signs from and put different wording on them with the shed ink brush: 'Welcome', 'Our Home', 'Danger

Zone' (good for the sewing room), property names etc. I sold these at stalls, fêtes and markets for two years. It was little outlay and made good income to buy the paints.

We also save what we can and deposit the money in a jar in the garden! Get the shovel to make a withdrawal. When we have enough, it's on to the next job.

My next money-raising adventure is to do with old corrugated iron. I stencil a picture on to the iron and with the nibbler that I bought for my husband's birthday I cut out animal shapes for outside or inside. More wire is needed to hang them. I've got a few – a rooster, a ram and a pig – on my old timber fence.

Anyway, back to the kitchen. I've used some old timber from the walls of a house. I just sanded the timber and cut it to size to fit the back of my L-shaped cupboard. Then a long piece along the top made a kind of shelf. It looks like an old horse stable – I love it.

For decorations I buy cheap frames from discount shops and paint an abstract picture – old trucks, headers – on the timber backing board. Or I put odd photos I've taken in them.

Our next project will be the construction of a lounge room, two extra bedrooms and a hallway. All are yet to be built, but I have already worked out the hallway. It will have more of the thick timber along the bottom of the wall and old corrugated iron up to the ceiling. ♡



Karen's creativity is evident in the many unique features of her shop-home. Each cupboard door in the kitchen sports a different work of art – the paints bought with money raised from the sale of hand-made signs.



Karen at work on the mosaic bench tops – see previous page and above for the finished product.

## COMPOSTING TOILET SYSTEMS

**Easily installed anywhere**

**Approved by  
Health Commissions and the EPA  
New domestic model now available**

Please send more information to:

Name.....

Address.....

Postcode..... Phone.....

**CLIVUS MULTRUM AUSTRALIA**

Melbourne Office  
PO Box 189,  
Bentleigh 3204.  
Ph: 03-9557-6943  
Fax: 03-9557-4786

Head Office  
115 Railway Ave,  
Strathpine 4500.  
Ph: 07-3889-6144  
Fax: 07-3889-6149

## CANNABIS USE

Sydney-based research has found that long-term use of cannabis could damage memory and limit the ability to

concentrate. While the brain damage is not considered serious, it is enough to affect work, life and learning ability. ♡

# USEFUL RAINWATER DIVERTER

by Mike Miller, Gladstone, Qld.

I would like to share an idea with readers. It concerns the collection of clean rainwater.

My dear wife and partner in life Eliane asked me to install a rainwater tank that would enable us to divert the first of the rain, then collect what we wanted after the roof was clean, and then, when the tank is full, send the rest back to waste. Our waste feeds a creek-way we constructed in the backyard.

We live in Gladstone which has quite a lot of industrial fallout, but it wouldn't matter where you lived, you're going to have some form of pollution: gum leaves, bird droppings, dust etc. I had been to a number of places to get help with a system that would do what we wanted, but no one came up with any answers that we were satisfied with. The water diverters on the market are something of a joke, diverting from 20 to 60 litres. There's no way that such a small amount of water is going to wash any pollutants off the roof. What's needed is hundreds and, maybe in some situations, even thousands of litres of water to be diverted. So on went the thinking cap.

The system we came up with is so simple that anyone would be able to install it at a minimum of cost. Remember, never buy first, always shop around.

Our rainwater went from roof to waste via the downpipe. So I installed a 50-millimetre PVC ball valve near the bottom of the downpipe. Next I fitted a Y-piece to the downpipe. This was to carry the water to our tank; then, when I was happy with the condition of the roof, I would shut the ball valve off which would then fill the downpipe up to the Y-piece and on into the tank. When said tank is full, I open the tap and the rest of the rainwater can go back to waste or to other collection tanks.

I used a 50-millimetre ball valve because of costs, ease of use and the availability of fittings. I went from 50 millimetre x 90 millimetre box PVC downpipe to 90 millimetre round PVC and cut out only what I had to from the



Installing a rainwater diverter ensures that only clean water goes into your tank.

existing downpipe. You might have to play around with a combination of fittings to get it right for your needs, but, with the help of a friendly plumbing supply shop, you should be able to satisfy your requirements.

The one concern I had was whether the restriction of a 50-millimetre ball

valve would handle the water flow during heavy downpour. Well, two wet seasons later and no problems. ♪

For previous articles and ideas about rainwater diverters, pull out your old copies of *Grass Roots*, particularly GRs 116, 69, 50 and 49.



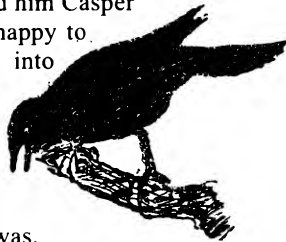
# THOSE DAMN CROWS

by Bob Rankin, Narrabeen, NSW.

We had never seen a crow before coming to Australia. Shortly after arriving here our family was intrigued by this large handsome black bird that cried like a baby and was so inquisitive and cautious, but apparently keen to become a friend. It lived in a tree at the bottom of the garden, but hung around our doorway begging for food. My eight-year-old daughter was delighted as, in the next few days, the bird became tamer and even began to knock on our door each morning for breakfast. She called him Casper and we were happy to welcome him into the family.

It didn't take a week to discover what sort of a friend he was.

Three of his mates joined him in the



tree and their loud conversations in the morning woke us before six. Then I found some of my bean seedlings yanked out and spread about my garden among cabbage leaves that had been torn from the plants. Next, my beautiful green tomatoes were attacked, pecked and ruined. The last straw came when my wife went out to gather some cucumbers and found the six that had been ready to pick were now mere husks. She saw the culprit – a crow flying away with a slice of cucumber hanging from his beak.

From that moment we declared war. The instant a crow appeared one of us would dash outside clapping or waving a newspaper. At this sight the birds immediately fled, unfortunately, I supposed, to ravage a garden elsewhere.



It only took three days of this and our one-time friend and his mates deserted our neighbourhood, hopefully forever.

I used the Internet to look up information on crows. Plenty on movies and bands, but little about birds! I did find out they were distributed about southern Australia, lived in small groups, mated for life, ate just about anything edible that they could find, and were intelligent.

Just as well they are intelligent enough to know when they're not welcome. They know if I catch one near my garden again I'll wring its neck. I have always allowed 10 percent of my crop for fellow creatures of the earth – 100 percent is just too bloody much. ♣

## HEAD LICE AND NITS

School-age children are highly susceptible to head lice which love laying their eggs in any warm scalp that's close at hand. Lice spread through direct contact and the grey-coloured eggs, or nits, are visible with the naked eye. After a couple of months of infestation the scalp will become itchy.

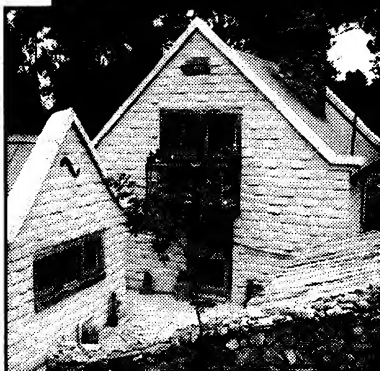
Chemical control is expensive and harsh on delicate skins. Instead, natural

remedies can be used effectively, gently and cheaply. Try combing the hair with essential oil of thyme using a fine-tooth comb.

Other essential oils that are good treatments are rosemary (25 drops), lavender (25 drops), geranium (15 drops) and eucalyptus (12 drops). These can be mixed with almond oil (75 millilitres) and the hair roots saturated

with the blend. Wrap head in plastic and leave for two hours. Wash hair and repeat every three days.

Hair rinses made from quassia chips (available from the chemist) are also effective. Boil 15 grams of chips in two litres of water for two hours. Add 1 tablespoon of cider vinegar for every 300 millilitres of liquid. Comb through hair and repeat every two weeks. ♣



**IF you want to save money, labour, energy & the environment DON'T build a single storey**  
**Get our plans book first!**

With thousands of customers Australia-wide, and now overseas, our books will surely provoke your thinking

Send \$20.00 (includes postage) to:  
Peter Lees, Architect & Builder,  
2 Parkside Grove,  
Frankston South, Vic. 3199  
Phone 03 9783 8632  
Mobile 0427 136 998

**40** photos, text prices and plans of small to large homes (or sheds, studios, whatever).  
Unlimited layout possibilities, catering for mudbrick, rammed earth, timber, stone or brick and in particular the needs of owner builders.

# House-Sitting – An Owner's Story

by Lyn Hancock, Gloucester, NSW.

After retiring from full-time employment in Sydney several years ago, my husband Alan and I moved to a small acreage in the Upper Hunter Valley. Our retirement had been some years in the planning and much thought had gone into the location and desired features of the property we were seeking. We were lucky to find our dream of solitude, mountains, tall trees and a small river within a few months of starting the search. We are gradually establishing a small vegetable patch and an orchard, and our menagerie consists of two dogs, two goats and a fluctuating number of chickens. Although we love our new life 'on the farm,' there are occasions when we need to travel to the city for business or shopping, visit our children, or feel the urge to explore other parts of this great country. With animals to consider, it is impossible to have more than a couple of days away unless we arrange for someone to care for them. Having lived most of our lives in the city, we are also security conscious and feel more comfortable knowing that our property is occupied while we are away.

To solve this problem, we struck upon the idea of house-sitters. Our initial enquiries around the neighbourhood were fruitless, so Alan placed a notice in the Newcastle papers under the classification of 'Holidays' and headed it up 'Looking for a change of scene?' The notice specified that replies be in writing to our post office box in the first instance. Our advertisement attracted quite a lot of interest and we were surprised at the number of applicants, most of whom seemed to be very suitable. Several people were only prepared to house-sit on a monetary basis, but we considered that our offer of a tranquil holiday in the country in exchange for an hour or so of chores each day was a good deal for both parties. The majority of applicants agreed with us.

Our next step was to interview the prospective house-sitters. Fortunately, we live within 90 minutes' drive of

Newcastle city and we arranged for each of the short-listed applicants to visit us for either morning or afternoon tea. This allowed us all to get to know each other and they could see first-hand what they were letting themselves in for! I was busy cooking biscuits and cakes for our train of visitors over the next few weeks and we quickly developed a list of topics to discuss over tea.

Almost everyone who visited our property was keen to house-sit, and on our part we were prepared to give most a try. Our only stipulation was that they provide two written references and we phoned all the referees to confirm the reference. I should mention at this point that most of our applicants were retired couples looking for a different sort of holiday. They came from all walks of life – musician, policeman, salesman, truck driver, plant operator, business manager, motel manager, real estate agent . . . the list goes on. Our main requirement was that they be reliable and honest.

To date we have had about ten different house-sitters for periods varying from three days to three weeks. Our present list of available sitters has sta-

bilised at five. People have dropped out because of illness or because they have moved away. We find that we need about this number of people because retired folk lead very full lives and cannot always come when we need to go away ourselves! Everyone who has come is eager to return, and most come at least twice per year.

We have written a 'House-sitter's Reference Book' which details our expectations; emergency phone numbers for plumber, electrician etc; instructions for operating different appliances; and the chores that need to be done along with instructions for animal food preparation. We update our book to reflect any changes in our menagerie or their diet.

We are very specific about our expectations so that there are no misunderstandings on either side. We provide accommodation including electricity, linen, and the use of all household appliances, but excluding food, drink and personal phone calls. We invite our house-sitters to avail themselves of any eggs, fruit and vegetables that they collect. We don't ask them to do any lawn mowing, gardening (apart



The goats, Bill and Ben, help keep the weeds at bay. They need to be tethered in a different place every day.

from watering), or other major maintenance jobs. They are here for a holiday after all, and our main concern is that our animals are fed, the garden survives our absence, and the property looks occupied. We leave the house in immaculate condition and we have always found it to be in the same condition when we return.

Some of our visitors have had exciting experiences and we are usually regaled with their adventures when we return. One couple had a visit from the carpet snake which was a wee bit unnerving for them as they live in a flat in the city and rarely come across wildlife of the slithery kind. On another occasion our dogs caught, and unfortunately killed, a bandicoot. Our house-sitters found it the next day and reported that they had 'buried a bilby' in the paddock. We forgot to leave our front gate key with one lot of house-sitters and, because we had locked the gate on our way out, they had to call upon our neighbours to come and cut the gate chain with bolt cutters. The story had a happy ending as our neighbours invited the house-sitters to dinner and a new friendship was forged. We have learnt to be discreet about some subjects as it is distressing for city dwellers to hear that those cute fluffy Muscovy ducklings they had fed and cooed over on their last visit have since kept their date with destiny and now reside in our freezer!

We hope that this account of our adventures with finding and using house-sitters is valuable to other readers, both those considering doing some house-sitting and those who are thinking of having sitters in to mind their property while they are away. It is good to know that there are still many reliable, honest and intrepid folk out there who are brave enough to consider taking on the daunting task of minding someone else's home and animals. We hope it has been as rewarding for our wonderful house-sitters as it has for us. ♡

## ORGANIC FOOD TRADE

The National Association of Sustainable Agriculture Australia is the first organic certifying agency in the world to be recognised by the Japanese government. ♡

# Simple Jug Cover

by Gay Morton, Bundaberg, Qld.

This simple cover keeps dirt, dust, flies and other pesky critters out of your drink. It's especially useful when dining outdoors.

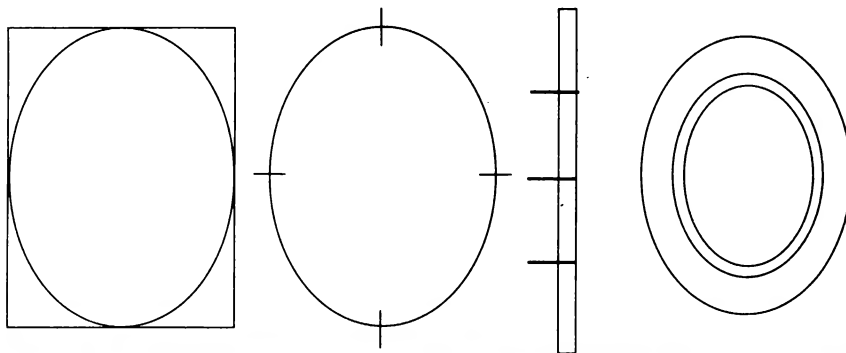
## MATERIALS

printed fabric, 40 cm x 30 cm  
elastic, 46 cm

Fabric can be cotton or poly/cotton or similar. The elastic I use is under-wear elastic as it has a fancy edge on one side.

## METHOD

- Cut the corners of the fabric to form an oval.
- Either overlock the edge or turn under and machine.
- Quarter your elastic and material and mark.
- Pin elastic on fabric at quarter points.
- Zigzag around the elastic, fully stretched and pleating the fabric in places so the elastic fits. ♡



The completed jug cover being modelled (inappropriately we know) by the office electric kettle – we are determined to keep out any marauding spider.

# Handy Headache Hints

by Roberino, Arrawarra Beach, NSW.

Sometimes, severe headaches can be cured by alternatives when all else has failed. These headaches can be caused by food allergies such as fatty fried items, loss of salts due to excessive sweating, by dehydration, allergies caused by the spores of moulds and fungi, a chill, muscular tensions, pulled muscles or tendons due to unusual tasks or exercises, viruses, bacterial infections. This list is almost endless. Headache pills and potions can often upset your stomach so it is just as well to know of other means of relief. Sometimes just a small daily drink of tonic water containing quinine stops muscular cramping anywhere in the body and is helpful for stomach cramps during the monthlies, or leg cramps in older people. Consult your local doctor if you are unsure or on other medications.

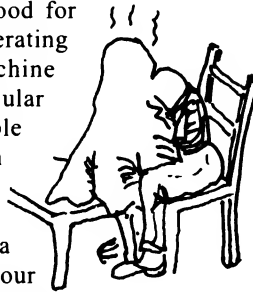
A clean, recycled, two-litre plastic milk bottle filled with cold water and used as a pillow can help ease the pain. Rest the side of the head or neck most painful on it. Nothing can beat the relief that a head/neck massage can bring. If you happen to be near a hairdresser's shop, you can be lucky and obtain instant relief from a scalp massage. The alternative to this, when you're home alone, is to lie on the carpet resting your sore spot on a tennis ball, a type of acupressure DIY. Different sized small balls have different effects.



Ice packs are also sometimes a quick relief. The old tension headache cure of the '50s was 'a cup of tea, a Bex and a good lie down' and is still a good bet. Recently 'scientists' have agreed that tea either by itself or with an analgesic is a very effective relief.

Just a good cool-down on a hot day under the cold shower or a cold bath can be a miracle cure. Cold drinks also help to lower your 'core temperature', which can also do the trick. Some people swear by a warm/hot shower followed by a cold shower. I've tried this by turning off the hot water mid shower and it's quite a shock, which works for me, but if I had a weak heart I wouldn't try it. There is a 'snap' sound/sensation deep inside my head and the headache goes away as if I had just flicked a switch. Jumping into a swimming pool or the surf does the same trick.

Sinus headaches can be the most painful of all and I won't elaborate in a family magazine. There is a cure on the horizon, according to recent media reports. The sinuses become inflamed from all sorts of allergies: in foods, dust, dust mite droppings, chemicals, pollens, fungus/mould spores, printers' ink, MSG, preservatives, GMOs, and well, whatever you happen to be allergic to. Even driving behind a car that uses unleaded fuel can spark a bad blinding sinus headache in some people, not very good for road safety! Antihistamine tablets can reduce the symptoms, but cause slower reactions and drowsiness, not very good for road safety or operating dangerous machine tools such as circular saws! Some people get relief from sinus headaches and colds by taking echinacea tablets. Consult your doctor before taking any tablets. An inhalation using ginkgo biloba tree leaves ground in a pestle and mortar then steeped in boiling water is an ancient Asian cure. Guarana (*Paullinia cupana*) from the Brazilian rainforests was used by the shamans, or medicine men, for millions of moons at the dosage of five



grains three times a day for migraine-like and sinus headaches. Much of their medicinal lore is now lost.

Constipation will bring on a blinding headache with some people, so keep those tummy muscles working. An apple a day was not such bad advice.

Acupressure on specific places of the skull can result in immediate relief and can be easily done by yourself. Acupuncture is the more traditional Asian method of relief. Lying face down with a tennis ball to rest your forehead on, just above your nose, can give blissful relief.

Various headaches are a legacy of physical injury sustained in all sorts of ways from sport to car accidents and must be followed up by medical specialists in the particular field. In fact, if a headache persists more than a few hours it's a wake-up call to have a medical check-up, X-rays/body scans, blood tests, blood pressure, or whatever your doctor thinks necessary. As you get older your body wears out, so you have to act your age. For example, your teeth wear and can lead to malocclusion, which can lead to tension headaches, as can eye strain.

There are so many causes of headaches and so many variables that it takes a good medical detective to trace them. In order to give some order to the search you should keep a diary of your activities and food intake, dates, time of day and so forth. Self-analysis of your activities can help.

'Psychological headache' is not to be ridiculed by know-all experts with no medical/psychological qualifications. Everyone will suffer some grief, hurt, pain, in this life and it is normal to do so given the state of this world. But minimisation can be achieved by reading such books as Gary Zukav's *The Seal of the Soul* and similar self-awareness books. Awareness of your emotional compulsive reactions is essential to understanding your life and your place in the big picture and helps you to draw a road map of where you are now



# GARDEN BOUNTY

## Fennel

by Cheryl Beasley, Robina, Qld.



and where you should be heading.

Aromatherapy using geranium, lavender, *Eucalyptus citriodora*, clary sage, sage, chamomile, ginkgo, juniper berries, clove, birch, and peppermint has been known for centuries to alleviate pain caused by headaches.

Sex is a great relief, provided you aren't put off by headache excuses. A tension headache can be vanished by a nice relaxing bath, a loving massage leading to loving sex. Nothing like it, guaranteed. Hideous pressures of work, money, kids, all gang up on a couple to spoil what should be one of the great joys of life – a beautiful relationship. People need to get their priorities right, if not, a screamer of a headache is often the result. Reading about relationships in books such as *Getting the Love you Want* by Dr Harville Hendrix, or Gary Zukav's book mentioned earlier, should set you on the right path for a less headachy life.

Best of luck. ♡

Fennel is a very attractive perennial reaching a height of up to two metres, having feathery leaves and clusters of tiny yellow flowers in the shape of an inverted umbrella. It thrives in full sun and requires a moderately rich soil and adequate water. It is stimulating yet at the same time soothing on the skin.

### FENNEL FRESHENER

- 1 cup fennel infusion
- 1/4 cup witch hazel
- 1/2 tsp glycerine

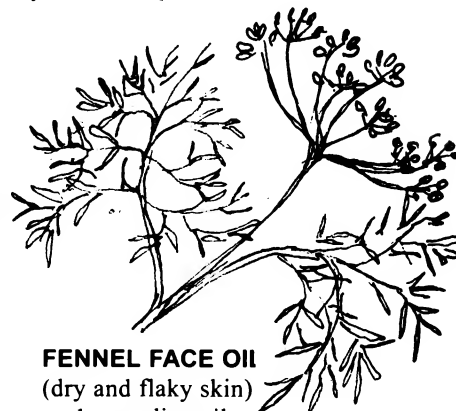
Place all the above ingredients into a bottle, seal and shake vigorously until the contents have combined thoroughly. Use on a cotton ball after cleansing, or throughout the day to freshen dry skin.

### HONEY AND YOGHURT MASK

(dry and aged skin)

- 1 tsp pure honey
- 1 tbsp plain yoghurt
- 1 tbsp finely chopped fennel

Combine ingredients then apply to the face and neck, concentrating on any visible lines. Leave for 20 minutes then rinse away with lukewarm water.



### FENNEL FACE OIL

(dry and flaky skin)

- 1 cup olive oil
- 1/2 cup chopped fennel

Heat the oil and fennel in a pan over boiling water. Simmer for 45 minutes, strain and cool. Wipe the oil gently over the face and neck and leave for ten minutes before blotting off any excess.

### FENNEL AND MINT MOUTHWASH

- 2 1/2 cups pure water
- 2 tsp chopped fennel
- 1 tsp chopped mint
- 2 drops tincture of myrrh

Make an infusion with the water and herbs. Cool and strain. Add the drops of tincture of myrrh and shake to combine. Keep refrigerated and use nightly. ♡



## SAVING WATER

Saving water has become a bit of a necessity this year, so I have had to trim my horns a bit. When having a shower, I've noticed it takes awhile for the hot water to come through from the heater. Water is normally just wasted as it's too cold to stand under. I twigged that all that water could be collected in a couple of buckets and used to either flush the loo or water the garden. Every little bit saved means more in your water tank or in the town's water supply. We've all got to do our bit.

Use all that water from the kitchen sink and start saving water now by using a plastic washing-up bucket which fits into the sink bowl and only

costs a few (three) dollars. It's an oblong number and makes the sink more effective because you can move it around to suit your needs. After you have hot-soaked your crockery and cutlery from a meal the cleaning is a real breeze. When the water has cooled down you can carry the bucket outside and water your vegies and plants or put it into a bigger container to use later, say a 200-litre drum with pipe to gardens. Think about it, for a big family or a lazy dish washer like me, more than one plastic washing-up bucket is the go, and washing-up can be done outside. ♡

Roberino

# GRIMES

& SONS

**MANUFACTURERS AND SUPPLIERS OF  
THE HIGHEST QUALITY STAINS AND  
FINISHES FOR TIMBER & MUDBRICK.**

- Mudbrick colourcoats and Clear Dust Proofers
- Silicone and oil base water repellents.
- Oil varnish and polyurethane.
- Bees wax polish, shellac and restoring oil.
- Woodstains and timber preservatives.
- Stock and specialised colours.

Factory showroom...

1/1637 Main Road, Research Vic 3095

Ph: 03-9437-0733 Fax: 03-9437-0822



# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

### FEEDBACK ON MEALWORMS

Some people have recently asked about mealworms. I hope this information might be helpful. Mealworms are the young of the bran beetle. The beetle itself is black and about 1 cm long. The mealworm is about 1 cm long and orange in colour with dark lines dissecting its body. Bird breeders often breed them for finches and parrots. Zoos also use them to feed many animals including reptiles, amphibians, birds, small mammals etc.

#### How to Breed Mealworms

First you need a large container at least 60 cm high with a lid with small holes drilled in it. Put a thin layer of bran (available in 20 kg bags at your local produce store). Then place a layer of hessian over it. Repeat process about six times. The mealworms can be placed in the bin at any layer; they will move freely throughout. On top you place food for the beetles and mealworms. Banana skins but not the banana, lettuce leaves, cabbage leaves etc. No citrus peelings or anything that has too much moisture. Clean out the box and renew the bran every six months.

Greg Nicolls,

**NAMUCCA HEADS 2448.**

Mealworms breed readily in bran, under warm and covered conditions. They are good tucker for birds, frogs, lizards and largish fish and are available from Pisces Enterprises Pty Ltd in SA.

I don't know if they are native to Australia or not, but have certainly seen plenty of them during gardening time. They are considered a pest by horticulturists as they will eat the roots of some plants, so be careful not to release them or the beetles into your soil.

Les,

**AVOCA 3467.**

### RE SNEEZING HENS GR144

I too have had sneezing chooks, some of which also developed bubbles (like soap bubbles) around the eyes and nostrils. It does sound funny, but can develop into a nasty respiratory infection which can quickly kill chooks.

Having lost a few birds – within days of sneezing commencing – I took the next sneezing girl to the vet! After some consideration the vet supplied me with Tylan 200 mg tablets. Dosage for bantam hen is half a tablet in 200 ml water. Re-treat if symptoms persist. I've never needed to give a second dose. Simply isolate the affected chook(s) and remove all other water sources, until symptoms disappear.

The sneezing only happens occasionally, usually when new straw or a new source of seed is introduced. However, I've not had a sneezing chook for about two years despite the introduction of suspected irritants.

Hope this is of value Sandra and

Alex. Best wishes,

**Simone Button,  
BALLARAT 3350.**

*It is likely your birds were suffering from Chronic Respiratory Disease (CRD) which includes several agents that cause the symptoms you described. Tylan is one of the recommended drugs for CRD and its effectiveness points to an accurate diagnosis. A regular dose of garlic in water plus access to green feed will help keep birds disease free.*

### BACKYARD SHEEP

I have just purchased two lambs (Merinos) approximately three to four months old. It has been many, many years since I kept sheep and would appreciate any vital knowledge on their wellbeing. They are pets and not to end in the freezer!! I have three-quarters of an acre, but they are currently in a smaller enclosure until they become more familiar with me and the other pets.

**Melanie,  
LOWOOD 4311.**

*It's time to get out your back copies Melanie, and in particular Nos 69 and 70, 80 and 91. As well, it would be sensible to contact the Department of Primary Industry in Brisbane to see if they have any leaflets covering sheep because management will differ somewhat to that in the cooler climates. Unfortunately, there is little published material on backyard sheep keeping, but the articles recommended will help you off to a good start. ♡*



**The Holistic  
Veterinary  
Clinic**

**Dr. Douglas Wilson**

BVM&S PhD DipHom

*"for effective alternative treatments"*

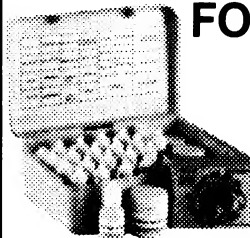
*Homeopathy, Herbal,  
Nutrition, etc.*

**Telephone consultations  
available for interstate clients**

308 Glen Osmond Rd  
Fullarton SA 5063

Telephone: 08-8338-0005

## ALTERNATIVE THERAPIES FOR ANIMALS



**\$90 Pet Power Pack First Aid Kit**  
\$95 with flea, worming & heartworm  
prevention, plus book.  
\$30 only for flea, worming and  
heartworm energy.

Please contact Jackie Fitzgerald for  
other products available.

**Jackie Fitzgerald: Homoeopath, Herbologist, Reiki Master.**  
Shop 4, 658 Pittwater Rd, Brookvale NSW 2100, Australia.  
Ph: 02-9939-0410 Fax: 02-9939-0404 Mobile: 042-778-8858



### THE FISH THAT GOT AWAY

NSW Fisheries has restricted trout stocking in 10 streams throughout the state while it undertakes a study into the impact of introduced fish on native freshwater ecosystems. Trout are recognised as voracious feeders and have been implicated in the decline of some indigenous fish and amphibians including the endangered spotted tree frog. In the past 40 years over 70 million fish have been released into the state's rivers and dams for the benefit of recreational fishers. Species released include the exotic rainbow and brown trouts and Atlantic salmon, as well as native golden perch, Australian bass and Murray cod. Under NSW Threatened Species legislation the introduction of fish outside their native habitat is recognised as a key threatening process. Some experts have declared trout to be an environmental scourge that should be eradicated.

### TOXIC WASTE FERTILISER

The Environmental Protection Agency and NSW Agriculture are conducting a joint review into the use of industrial waste as agricultural 'fertiliser'. The review's intention is to close the legal loophole that has allowed some companies to sell waste products – reputed to include untreated slag from steelworks, waste from zinc smelters and radioactive materials from aluminium refining – as fertilisers and soil conditioners for home and farm use. A research centre at Camden will test industrial waste and advise companies. The centre is expected to develop appropriate recommendations and guidelines for government based on data it compiles.

### WANDERING WILDLIFE

Two recently introduced programs will help conserve wildlife in urban settings. The NSW National Parks and Wildlife Service has launched a project to advise residents on how to encourage and support wildlife in their backyards. A wandering bluetongue lizard, for example, will benefit from rocks, low-growing shrubs, shallow water containers, nonuse of pesticides, con-

trol of domestic pets, and co-operation between neighbours who provide similar habitats. Nectar-producing shrubs will provide food and habitat for many native birds and beneficial insects.

Another initiative is 'Flora For Fauna,' a project of the Nursery and Garden Industry of Australia. At over 150 participating nurseries you can find plants tagged as being suitable for frogs, butterflies or birds. These plants will provide either suitable food or habitat for the relevant local fauna. There is also an associated web site, developed by the Gould League, where information can be found about suitable plants for specific locations, how to create a Flora for Fauna garden, and where to find participating nurseries.

The Flora for Fauna web site can be found at: [www.floraforfauna.com.au](http://www.floraforfauna.com.au)



### GLOBAL WARMING NEWS

Global warming is being cited as the cause of the collapse of an Antarctic ice shelf, Larson B, in March this year. The 200-metre-thick shelf covered an area of 3250 square kilometres and has now broken up into thousands of icebergs. The Antarctic Peninsula is said to be warming at five times the rate of the rest of the planet, with a temperature increase of 2.5 degrees in the last 50 years.

A study of the flora and fauna of Mount Kosciuszko National Park, Australia's highest alpine region, has shown that certain animals are already moving to higher areas and many plants are now growing at higher levels than normally expected. Migratory birds arriving after winter have been observed as much as two months sooner than usual. The flora and fauna are apparently responding to changes in food and habitat associated with a 30

percent reduction in snow cover during the past 40 years.

Widespread coral bleaching has been observed in the Great Barrier Reef and across much of the South Pacific. Bleaching is caused by a rise in sea temperature killing the micro-organisms responsible for colouring the Reef. The micro-organisms, and the colours, usually return when the temperature drops again. However, the corals die and reefs disintegrate when temperatures are consistently too high for the micro-organisms to recover. Land clearing in Queensland, resulting in soil run-off into coastal waters, is exacerbating Reef damage.

### LANDHOLDERS MANAGING BUSH

In a new trial project known as the BushTender program the Victorian State Government is paying landowners to conserve high-conservation value areas of bushland on their properties. Tenders were called for and 98 landowners put in bids to provide services to manage their native vegetation areas. The 73 successful bidders committed to a three-year management agreement to forego grazing, tree felling and timber collection on the bushland and to fence it, control weeds and pest animals and undertake revegetation. A total of 3160 hectares of significant native vegetation is currently being managed under the trial scheme.

### QUEENSLAND LAND CLEARING

Recent figures show that the Queensland State Government has issued approvals for the clearing of 700,000 hectares of native bush since September 2000. The highest rate of permits has been issued for areas known to be at risk of salinity, including the Murray-Darling Basin. Other, consequences of large-scale land clearing are increased soil erosion, damage to the Great Barrier Reef, loss of wildlife habitat, changes to the hydrological cycle and increased release of greenhouse gases contributing to global warming. Conservation groups are calling for the Federal Government to enact national laws controlling land clearing. ♻

# FEEDBACK LINK-UP FEEDBACK

**Dear GR,**

I had a letter in Feedback in GR 151 regarding **WET NUTS** and now my email address has changed. My apologies for any inconvenience caused.

**Carmen Morrow,  
29 Stroud St, ALLWORTH 2425.  
Email: carmen12@bigpond.com.au**

**To Grass Roots,**

Thank you for a great magazine.

I wish to thank all the readers who replied to my request for information **REGARDING BIODIESEL**. In particular, I would like to thank the replies from Queensland and Tasmania, the information supplied by both of these kind people helped immensely with my inquiries and my decision to have a go at making the fuel. The Tasman Energy website is probably the most informative place to gain all the necessary information to produce biodiesel and I highly recommend anyone interested in this product take a look at: [www.tasmanenergy.com.au](http://www.tasmanenergy.com.au) My friends and I intend to have a go at manufacturing some fuel and will keep you updated on our progress, and hopefully success, of our trials. Keep up the good work on your magazine and I will enjoy reading every issue available to me.

**Eddie Hamilton,  
Private Bag 4, BEAUFORT 3373.**

**Dear GR Readers,**

I am a male. 63 years old, alone and lonely. Being alone and lonely, the life can be very hard. It must be even harder for women who live on a farm with no one to help you when you need help, no one even to talk to. The solution could be to form an **EXCLUSIVE FAMILY-LIKE GROUP** with such interested readers. The main aim is mutual support and help. The idea is not to live together, but, on the contrary, each of us live in our own place, retain own independence, communicate by phone, mail or email, and meet/visit when we need it. For example, need someone to help you solve your problems or fulfil your needs, feel lonely in need of company etc? One does not have to be even alone or live on a farm to feel lonely, but we need to have something in common in order for it to work. So you are welcome if you love nature, bush, farm animals and farm life. Also, you can be of any age, 18 or 80, and feel lonely.

Any interested readers, any age, who feel lonely, with their own problems or needs, seeking a solution, who like my idea/solution of forming an exclusive family-like group are welcome to contact me. Or you might need someone just to talk to.

**New Family,  
PO Box 251, WAUCHOPE 2446.**

**Hey There Grass Rooters,**

Great magazine, have enjoyed the articles and the people for many years. Can anyone help? I'm looking to relocate. At the moment we live in our own modest house by the sea in southern Victoria. We would like to rent and, once we're sure we're in the right spot, to buy. I'm a mature single mum with a lovely three-year-old child. We'd like to find a place with a happy down-to-earth community. I'm a reiki channel and live a very quiet lifestyle. My main interest is my child who I will eventually home-school. A position in an MO would be good – but we have pets, which appears to be a drawback: a cattle dog and cats which are spayed and kept in a really nice 'pet park' (fancy cage). I think we'd make an excellent addition to any community. We're financially stable, happy vegetarians. The place I seek would be anywhere warm, not too far inland and land – lotsa land. We enjoy our seclusion and tranquillity. Thanks heaps – shine on all. Contact Bearfoot – 0419-881-143, email: [bearfoot@austarnet.com.au](mailto:bearfoot@austarnet.com.au) Will be leaving Victoria shortly for a trip to the Daintree and back to check out possible new places to live.

**Bearfoot (GR 152),  
C/- PO Box 117, SEYMOUR 3661.**

**Dear Staff & Readers of GR,**

I would like to take this chance to say thank you for the time and effort you all put in to each issue of the magazine. I've been reading the magazine off and on for many years and enjoy the many different articles that have helped with different problems that have come my way. So thank you to everybody for their input and help.

I was reading an old issue from last year (GR146) and came across a story in the Feedback section by Mrs Shirley Marcon from Clifton. I am wondering how her journey went, and whether or not Shirley found a new place to live.

The other thing which I wish to bring to the attention of staff and readers is, on many occasions I've written in reply to adverts in the Penpals section (both new and old issues) and have never had any replies. I feel if people are going to place adverts in the Penpals section, they should at least take the time to reply to letters sent to them.

**Scotty D Falingham,  
Locked Bag 2000, RICHLANDS 4077.**

**Dear Grass Roots & Readers,**

After reading GR for more than 10 years I have finally taken up pen and paper (well, keyboard anyway), to add my 10 cents worth to your magazine. I recently went through the cupboards to locate and organise all my GRs from 79 to 149. A few are missing as I occasionally decided that I had outgrown the magazine only to find that withdrawal symptoms would set in and off I would rush to purchase whatever issue was available at the newsagents. I am convinced that GR is an icon of our times; I can find information on almost any topic, along with a hefty dose of good old-fashioned caring and kindness from people from all walks of life and in all corners of our country.

As for us, my husband and I have been living in the country for many years, having raised two wonderful and caring daughters in that time, who have left home to pursue careers and lives of their own. We actually started our lives together on a yacht, which was such an incredible and memorable experience and so much adventure because I was not nautically inclined, but soon learned the how-to of boating. When we moved up north to the Rockhampton area, we decided to live out of town and moved to a small acreage with a 1920s style house. This was also an adventure because there was no water or power! As I write so many memories pour into my mind and I wish I could convey them to the readers – bucketing water, kero lamps, kero fridge, hand-washing, wood stove cooking. Our youth and energy enabled us to create an incredible amount of fun; best of all there were always heaps of friends and relatives to share the joy with us.

Years passed, and power and running water arrived, along with our two daughters, but the **COUNTRY LIFESTYLE** remained, thus the girls had the unique opportunity of a happy and natural childhood, free of the constraints of urban living. Whatever else we may or may not have achieved through our lives, the chance that we were able to give our children to have a bank of special memories associated with country living, stands out in my memory as one of the most important facets of our child raising. Both girls are now old enough to recognise their childhood for the special time it was and to look back over their early years with joy of reminiscence.

It is now 30 years since the beginning of our country living, yet we continue to 'hold faith' to our chosen way of life. As I am unable to imagine any other way of living I guess that when our time comes we will be carried out for burial in our country cemetery, but that is still a long way off yet!

Keep up the amazing work of connecting people, *Grass Roots* and I know that people like myself will enthusiastically pore over every packed page for years to come.

**Marilyn Jefferson,  
111 Warcon Rd, CAWARRAL 4702.**



# FEEDBACK LINK-UP FEEDBACK

Dear Megg & Staff,

Thank you for a very enjoyable magazine which I have enjoyed over many years. I wonder if it would be possible to have an article in the near future on how to build a skillion-roofed shed to put the grey Fergie in (if lucky enough to own one) and connect the tank to. I have some poles, pieces of timber and corrugated iron around, but not sure how to proceed. All the books and info I can find have hip or gable roofs on them.

Some feedback from some lady builders would be good. There are quite a few of us ladies out here on our own who don't have lots of friends to help out. We often need to know the safest way to proceed. I am sure some readers are in this position and could help the rest of us who are just starting out. Lots of us prefer the country to live than in the towns where everything is laid on. Also, an article on water desalination would be useful.

Jenny Brass (Mrs),

RMB 497, Bunker Rd, WEST KENDENUP 6323.

*Any readers with skills to share on these topics?*

Dear GRs,

Some answers to requests in GR 150.

Busy Aussie Mom: **OKRA SEEDS** are available from New Gippsland Seed Farm, PO Box 1, Silvan 3795, Vic. *Lavandula angustifolia* will grow up there but will require some mulch around the roots so the water does not completely evaporate from the roots. Plus the soil needs to be nicely manured to produce good flowering. A good book to obtain is *Lavender Sweet Lavender*, by Judith A McLeod, ISBN 0-86417-139-9, Kangaroo Press.

Sonya Otway: There are many different ways of treating your complaint without using chemicals supplied by the doctors, but because there are so many different types of **ARTHRITIS** one must be very careful what one says. I lived with it for over 50 years. For details contact me via my email address.

Cynthia Williamson: **ASPARAGUS** grows well in good moist soil with plenty of manure dug into the soil. Use plenty of good compost with a comfrey border as they grow excellently together. Soak comfrey leaves in the water and use it on your asparagus as liquid manure.

Ollie Mason: **RHUBARB LEAVES AS INSECTICIDE SPRAY** for vegetables. One tablespoon of the water the leaves were boiled in to 4.5 litres water with a few drops of liquid soap to make it stick to the leaves. Wash vegies well before using them as it remains for about 14 days.

To cure meat in hot weather take 10 litres boiling water, 1.8 kg salt, 1 kg sugar, 1 tablespoon saltpetre. Add salt, sugar and saltpetre to the boiling water and as soon as liquid boils drop the meat in, having cut it into suitable pieces. Then let liquid boil again and from the time it boils the second time, let it boil for 10 – 15 minutes, nothing less. Cover top of container until it cools down.

Anna Woodhouse: You wanted a good **BOOK ON PRESERVING**. There was one published back in the early 1970s called *The Complete Book of Preserving* by Marye Cameron-Smith, Marshall Cavendish Books, 58 Old Compton St, London. ISBN 0-85685-751-3.

Andrea Sage: **RESTLESS LEG SYNDROME** can be treated by using a natural product called Crampeze now available in local chemists and health food stores.

Victoria Norfolk: The local health stores have several books on growing sprouts from various different seeds.

Geoff Hancock: **WORMS** require large amounts of greens each day and the average household wouldn't have enough greens to feed them. Lack of food could be your problem. Try giving them stable manure, grass cuttings and scrap greens from the supermarket.

Colin J Law,

Email: colinjlaw@yahoo.com.au

Dear Megg and Mary,

*Grass Roots* 150 is on the table as I write here on the little portable, and manual, Brother 215 typewriter that I picked up at a church fête for two dollars. I see lots of these manual typewriters at give-away prices here and there these days. I read that such things are desperately needed in Timor, where modern civilisation has to begin from the starting-blocks again. A friend recently bought a guitar at a school fête because her granddaughter was going to work in Timor soon, and musical instruments and sewing machines and nonelectric typewriters are badly needed there. Maybe there are depots where such things can be dropped off, rather than giving to op shops and the like?

Thanks for the 'family' photo on the back of the cover of GR150. It's good to see you all when we write with our thoughts and observations. Letters to GR are very much like family letters I feel.

I've just made another carton of **EASY-SPREAD OLIVE OIL AND BUTTER** that stays soft when kept in the fridge. It's the spread you can use when you have seen all the TV ads about margarine coming from a factory process, and when just-plain butter is too hard from the fridge, and cholesterol worrying perhaps. I read somewhere years ago that when olive oil is mixed with butter, it reduces the impact of the cholesterol. Well, I want to believe it anyway, because I love them both.

My recipe is to cut up 250 grams of butter (generic brand is cheapest and just as good for this as any other) into a warm bowl. Drizzle over it six tablespoons of olive oil (I use virgin green but some might prefer a lighter grade), mix it around with a spoon and leave it in a warm place for awhile until the butter is soft. Now blend it any way that works – I use a hand-held electric mixer – until the mixture is light and fluffy. Pour it into a container, such as one of those olive oil blend medium-sized containers that you might have around since before you started making your own blend. Put it in the fridge to set. Clean out the bowl and the spoon with a slice of bread. Wrap the bread in the paper off the butter, and keep it in the freezer. It will make a nice thickening agent for your next lot of homemade soup.

I save all the water from the steamed and boiled vegetables and freeze it to use for **SOUP** on a rainy and cold day. I usually make soup after I've got home from the shops with a new batch of vegetables and find that I still have vegetables in the bottom of the fridge. Not to worry, the vegetables still in the bin are soon turned into soup with a chopped onion, a handful of rice or barley, any left-over mashed potato or other vegie in the fridge, pepper and chicken stock, and the retained vegetable water. And, of course, thickened with the frozen slices of bread I cleaned out the bowls with. Getting enough containers involved asking the family and friends to save their plastic containers, and you never know, they might get a free sample of frozen soup now and again?

Again, thanks for this wonderful means of communication via GR over the years. Before I go, I'll mention that ribbons can still be bought for manual typewriters. If they're not exactly right for the brand of typewriter, the ribbon can be removed from the spool and rewound onto the spool from your own manual typewriter.

Jane Smith,  
KILSYTH, 3137.

Dear GR & Readers,

Can anyone out there help me? I am trying to find a source for **HARICOT BEAN SEEDS** and also any information concerning old-fashioned potatoes and **SWEET POTATOES**. Thank you.

S Treloar,  
856 Elliott Heads Rd, WINDAMERE 4670.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

# FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,



I am after information about making **ALCOHOLIC GINGER BEER AND APPLE CIDER**. I have made a few batches of normal beer in my fermenter and would now like to try some recipes with apples and ginger. I have just moved to Mildura with my wife Julia and daughter Jarrah to work as a high school science teacher. We are trying to save some money to buy land in Gippsland. I have been fishing the Murray river a bit and have caught many carp. I hate just killing and throwing them on the bank like the locals do. Does anyone have a recipe and **WAY TO PREPARE CARP** that gets rid of the bones and tastes all right?

**Jeremy, Julia & Jarrah Shub,**  
**210 12th St, MILDURA 3500.**

**Email: jumpingmousepi@hotmail.com**

Dear GRs,

We are two young-at-heart oldies (59 and 60). The children have all left the coop, and we desperately want to spend the rest of our lives as self-supporting as we can. We did have a pretty and small home in a hill suburb about an hour's drive from our capital city on half an acre, but, unfortunately, due to very heartbreaking circumstances, were forced to sell up, leaving us with only very tiny savings. We are presently renting a property and long desperately to move to the cooler south-west and on to any successful **COMMUNITY DEVELOPMENTS** that could take on a couple such as us. We are more than willing to work hard at happy, loving social interaction with other families, growing crops and any other work (crafts and talents) needed to keep all going well. I have always been an avid reader of *Grass Roots* and only wish I had had the foresight and knowledge to do this 30 years ago. We are not old and have such a lot to offer. Both love caring for others (young and old), children, animals and gardening and just need somewhere to find our paradise. It does not have to be glamorous, but a happy, caring, well-run and successful community wherein we could work towards having our own small dwelling and land of our own, and we would be only too happy to give everything of ourselves. We don't drink or smoke or have any bad habits and would be thankful to hear back from anyone as soon as possible. We don't want to be involved in any religious groups. At the moment, we are in limbo and desperate to have something to strive towards.

**Hillbillies in Hope,**  
**C/- PO Box 338, KOJONUP 6395.**

Dear Mary,

I love the magazine and in particular the Feedback letters describing the amazing vegetables and fruit people are able to grow. I always wonder what the climate is like where they live, especially in little-known areas, and it is to this end that I make a request. Would it be possible to **IDENTIFY THE AREA IN THE STATE** in which the writer resides? For example, Blackwood would read CVIC (Central Victoria), Bairnsdale EVIC (Eastern Victoria) and Cairns NQLD (North Queensland) etc.

Keep up the good work.

**Phil Crowe,**

**Lot 1 Greendale/Blackwood Rd, BLACKWOOD 3458.**

*A good idea for Grassifieds advertisers to incorporate in their ads.*

Dear GR Readers,

I am wanting to build a small **STRAW BALE** room as a **CHOOK PEN** but can't find a source of reasonably priced straw. I have been told that barley straw is what I need. True? Have found same @ \$6.60 per bale, but as I need 24 bales this doesn't become the cheap alternative I thought it would be. Does anyone know of any near the Sunshine Coast? Thanks for your help.

**Michelle Reed,**  
**94 Sunrise Rd, EUMUNDI 4562.**

Dear GR,

Well, at last CSIRO has come out and said that **NEW CARS ARE TOXIC**. Toxic carpets, dashboards, glues, paints, upholstery, you name it. This is 2002. Now, in 1971, the equivalent research institute in the UK said the same thing. We are talking about new cars here. The most outgassing of toxic chemicals occurs when the car is first made. Old cars, say 15 years old, have unmeasurable levels of carcinogens, irritants and toxins. Could this be the reason that, all things considered, like age of driver, accidents per thousand etc, older cars have less fatal accidents than cars under five years old? Could these poisons be affecting drivers' capabilities, because if you are not feeling your best your skills are reduced?

If anyone in the bureaucracies that are forever trying to get old cars off the roads can stop and think for a moment, they might conclude that the older cars aren't maybe the monsters they think they are. Just watch the increase in leukemia now that benzene has replaced tetraethyl lead in all petrol on sale now. Also, each new car manufactured causes a minimum of 495,000,000 cubic metres of polluted air during all stages of the manufacturing process. Contempt of older cars would seem irrational if the overall picture is considered.

**CARPET OFFCUTS** and scraps when laying new carpet can be used for carpet printing on T-shirts and for arts and crafts generally: for stencilling on walls, as a paintbrush to get into difficult areas. Cut out shape required and use as a sponge stamp by applying a small amount of paint on the surface of the carpet then pressing on the object to be painted.

**Roberino,**  
**Lot 4, ARRAWARRA BEACH 2456.**

**Hello to Megg & all GR Folk,**

Keep up the good work everyone who contributes to this fabulous magazine, those that compile and those that submit excellent articles. I love reading, learning, dreaming, and feel connected to you all. I loved the 150th issue.

It's been a while since I have written; last time living in a little town called Coolamon in NSW. There have been two moves since, and now we have been in Bendigo for two years. Time flies.

To Busy Aussie Mom re **ADD/ADHD**. Try a book called, *The Indigo Children - the New Kids have Arrived*, by Lee Carroll and Jan Tober. It has website links at the end of the book to access further information. All the best.

To A R McDonald re **GARLIC SPRAY**: Use as many garlic cloves and chillies (preferably fresh) as you can boiled together, drained and bottled.

A **WART CURE** is the radium weed. The leaves look like maidenhair fern leaves. The stem holds the sap needed. Snap the stem and allow the white sap to be placed directly on the wart-affected area. Repeat process every day until wart disappears.

**PAWPAW** is fantastic for those with digestion problems because of its natural enzymes. For those who don't like pawpaw try pineapple or ginger. All these must be consumed as fresh as possible to get the most benefit.

To Peta Stephensen. I know how you feel about Gus missing and I wish you all the best in finding him. We came home on 6 April this year after being away on holidays and doing the right thing and putting our pets in the RSPCA boarding shelter, to find that they have lost our little boy, Felix (a cat) - he was registered and microchipped. I am still mourning his loss and hope that he will be found. We did place an advertisement in the local newspaper, but to no avail.

Could someone help me out with this query? Our dog Misha came home with a sore throat. It wasn't kennel cough because I had his vaccinations brought forward. I wonder if I can use a natural antiseptic spray made of lavender oil diluted.

**Margit Szekely,**  
**C/- PO Box 1059, BENDIGO 3552.**

# FEEDBACK LINK-UP FEEDBACK

**Dear Grass Roots,**

Reading Pam Coles' GR 150 article on **MAKESHIFT TOYS** has also brought childhood memories back for me. I remember at 15 making a whole dolls' house out of a cardboard carton, for my three much younger sisters. There were two brothers in between and one older sister who was away at high school. There were no school buses from our small town and kids had to board in the nearest city if they were lucky enough to go to high school. We made peg dolls and shoebox beds and also miniature beds from matchboxes. Matchboxes were real treasures, and, with the help of glue or clag, could be made into an assortment of cupboards etc. Beads made the knobs and the whole box was then covered with wallpaper scraps. A dressing table? Seven boxes made it more elaborate than any we owned, and a mirror of silver paper pasted onto stiff cardboard was stuck to the back. A stool was made of a cotton reel with a frill of material – just a circle with a bit of padding under and tied on with a string or ribbon. Four small cotton reels and a piece of stiff cardboard for a table and six more stools, then a sideboard of matchboxes made a dining suite. There was no limit to the uses that could be found for both matchboxes and cotton reels.

In the shops now you can buy a wooden cat's tail maker. We used a cotton reel with four tacks in the top. When you looped the wool up through the hole and over the tacks you made a long round rope of knitting which could be made into many things: pot holders and teapot mats I remember. I also seem to recall an article way back in GR on this. Oh! The memories. I am now 72 and make these for greatgrandkids.

**Valma Hunter,**

**PO Box 80, MIRIAM VALE 4677.**



**Dear GR,**

I hope some readers may be able to help/advice me. I'm after **UNDYED AND ORGANIC YARN/GARMENTS** (sheep, goat, alpaca fibre and the like). I don't tolerate commercially processed (ie chemically treated) yarn. My winter jumpers are now quite old and wearing thin.

To all those interested in or wanting seeds and/or looking to start community gardens – contact your 'local' permaculture organisation. Please also become a member if you can afford it and maybe start your own local chapter if none exists.

Can anyone advise me as to whether **EARTH BUILDINGS** have to have earth/concrete floors, or are (raised) wooden floors (to accommodate hydronic heating) possible?

Thanks again for an inspiring read – to all those paid and 'unpaid' contributors.

**Miriam Baxt,**

**1 Carlyon St, ORMOND 3204.**

**Dear Megg & Mary,**

In reply to a question in GR 149 asking if anyone would like a few robertum seeds with information. This herb has cured cancer and even some vets use it. It's like parsley. Just chop it up and sprinkle, or pick leaves and chew it. It is also self-seeding. The correct name for this plant is herb robert – *Geranium robertianum*. It has reddish-green foliage with pink flowers, is very hardy and suited to most soils. It is also used as an eye wash and gargle.

To Eddie Hamilton, in reply to your inquiry on how to go about the making of **GOLDENBIO DIESEL**. A friend of mine has been making this goldenbio diesel for over 12 months. He gets used cooking oil from the fish and chip shop. My best advice for you is to go and spend your \$85 as this is a good investment, and procure the book and go ahead and make your own cheap alternative fuel.

**Nigel Miller,**

**PO Box 273, AYR 4807.**

**Dear Eds,**

I'm writing because there were a couple of questions raised in GR 149 to which I have possible answers.

On page 35 Robert Bishop asks about **CONTROLLING MITES IN BRAN**. Robert, a sure way to kill insects at all stages, even eggs, is to freeze the bran (or whatever) for 48 hours. If you buy it in big bags, you might find it easier to decant it into smaller bags for freezing. Weevils in grain products can be eliminated this way.

On the same page Bart O'Reilly asks where he can get **DIATOMACEOUS EARTH**. This is available from places that sell swimming pool equipment as it is still used as a filter material in some pool filters. Another use for it that I have heard recommended is to discourage ants: the sharp edges nick the ants' carapaces and cause them to dehydrate and die. It has also been advocated as a fertiliser for roses.

On page 37 Shane Hanson asks about making **SOYA SAUCE** and **SAUERKRAUT**. Instructions for these foods and very many more can be found in Bill Mollison's *The Permaculture Book of Ferment And Human Nutrition* – a treasure-trove of information about traditional fermented foods and a thoroughly entertaining read. It was obtainable from Tagari publications, 31 Rulla Road, Sisters Creek, Tas 7325. I hope it still is; at least, it should be in most libraries.

The magazine gets better and better – keep up the good work!

**Maris Morton,**

**C/- Post Office, UK1 2484.**

**Dear Megg & Grass Roots Family,**

Now the colder weather is here some of us will suffer the agony of **LEG CRAMPS**, usually at night. Here are a few simple tips to help the sufferer.

It is important to keep the legs warm, so a leg warmer (remember those?) worn on the affected leg at night is a help. If you don't have one tucked away at the back of a drawer, an arm cut off an old woollen jumper or cardigan is just as good. Don't tuck in the sheets and blankets on your bed, make sure you can slide out quickly if the cramps hit. If you have a sleeping partner, get him or her to press one hand gently but firmly on your knee while grasping your foot and bending it up towards your knee. This should stop the cramp. You might be able to grab your foot yourself to bend it towards your knee, but if pregnant or not so limber this might be impossible. Slide out of bed and stand in front of a wall or wardrobe with outstretched arms, hands flat on the wall. Move the affected leg about a foot's length behind the good leg then bend elbows and good knee, keeping the affected leg straight. This will bend your foot up and stop the cramp. Do this three or four times a day. Before and in a warm shower is also a good time to exercise your leg. For toe cramps, again keep them warm with bed socks. Soaking your feet in warm water will usually stop the cramp.

For prevention (and please, if you are pregnant or taking other medication, check with your doctor first), a wineglassful of Indian tonic water taken at bedtime will help prevent cramps without the side effects of the quinine tablets which can cause hard, itchy, blisters on hands and arms. Also try taking daily ginkgo tablets to help your circulation. Follow the instructions on the bottle.

As usual, boring old fresh air and gentle exercise before bed will help your general circulation, so a walk around the yard or block, with or without the dog, should help to keep the blood pumping.

Sleep well, best wishes to all.

**Jan Atkinson,**

**741 Nepean Hwy, MORNINGTON 3931.**

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

# FEEDBACK LINK-UP FEEDBACK

**Dear Megg, Suni & Staff,**

A great way to use **TAMARILLOS** is first to remove the skins (blanch them by popping them into very hot water for a minute as you would tomatoes). Then peel. Slice them into a basin, sprinkle sugar over each layer and then put in the fridge overnight. Serve with cold custard, cream or ice cream, or all three if you like. It's delicious. Kiwi fruit can also be done in this way. Yum yum.

**Shirley Svensson,**

**33 Buccan Rd, BUCCAN 4207.**

**Dear GR & Readers,**

I am writing to you in the hope of finding an answer or two for a **RODENT PROBLEM** existing on my hobby farm north of Melbourne. At night-time there are rats and mice in the trees, around the bird aviaries, in the stables where the hay is stored and in the chicken area. What to do?

**W Noble,**

**PO Box 527, HURSTBRIDGE 3099.**



**Dear GRs,**

I've found a way of processing olives from Neville Passmore's book *Growing Fresh Fruit and Vegetables*. Cover olives with water and change every day for two weeks to leach out some of the bitterness. Next, prepare a brine solution by mixing 125 grams cooking salt with five litres of water. Place olives in the brine and cover with a cloth weighted down with a plate to submerge the olives. Leave for three weeks, then transfer into a mix of one-third brine, one-third vinegar, one-third olive oil. Into this mix add plenty of herbs such as bay leaf, fennel, garlic etc. Ready to eat after about six weeks.

**Robyn Leah,**

**61 8th St, WESTON 2326.**

**Dear GRs,**

Some replies to Feedback queries.

Geoff Hancock: Is it possible that the larger worms are escaping if the conditions are not ideal? It also might be worth trying a different breed of worm.

Busy Aussie Mom: I suggest you try libraries for books on that type of gardening. I cannot remember any titles, but I know I have seen books on easy tropical gardening. Most libraries can also get in books from other libraries in your state.

Taria Sloan: Look up registers of stud breeders. Most of them train their cows to a lead, someone might be willing to give you some tips.

Claude McKee: Jackie French's **RECIPE FOR WOOLWASH** works on carpets: 4 cups water, 4 cups Lux, 1 cup methylated spirits, 1 tablespoon eucalyptus oil (essential oil). Bring water to the boil and stir in soap. Remove from heat and stir until it is smooth. Pour into large screw-top jar. Add methylated spirits and eucalyptus and shake well. This will set quite solid. Dissolve 1 tablespoon in a little hot water and add to 10 litres of water.

Terry Stubbings: Once again, Jackie French can help. **PYRETHRUM SPRAY** can be used inside and out, but please be careful as it can cause allergic reactions in some people and large amounts can stain. Cover pyrethrum flowers with mineral oil or alcohol (brandy/vodka) and leave overnight in a dark place. Strain liquid and discard flowers. Use 6 parts water to 1 part strained liquid. Store in a dark place and use within several days. A **PERSONAL SPRAY** is made with 4 parts lavender essential oil, 2 parts eucalyptus essential oil, 1 part cider vinegar, 1 part sorbolene cream. Combine and mix well. Dab on and renew when scent fades.

P M O'Donnell: *ECOS* magazine is still being published by the CSIRO so it would be worthwhile contacting them for this information.

**Katrina,**

**8 John St, PENOLA 5277.**

**Dear Editors,**

I have enjoyed picking up *Grass Roots* from the library for several years. This week I picked up number 141 (November 2000) and must write, although you may already have had feedback on the article 'Home Renovations for the Older Person'. As a community occupational therapist, my job is often improving the safety of the home for people becoming frail with increasing age, or in more rapid deterioration through illness or accident.

The article showed a well intentioned but dangerous solution to the author's parents' difficulty accessing the house. At the end of the article building standards were mentioned, but the ramp with what appears to be a 1:3 gradient and only one handrail – which does not run parallel with the ramp or extend to the landing – is an accident waiting to happen. It is true that private residences are not bound by the Australian Standards, but they are a guide for safe practices. Ramps are more demanding for many elderly people to use. If a walk-up aid is in use, large (broad) steps with small risers are often a better solution.

Matching the environment to a person's changing abilities can be complex, but in Victoria there is a network of Community OTS, council handypersons and suppliers of equipment for people with disabilities so that family members do not have to go to engineers with specifications for grabrails. I'm sure that a similar service would be available in most parts of Australia. Ask your GP or Community Health Service.

**Carol Griffiths,**

**6 Botanic Dr, DONCASTER 3108.**

**Dear GR Readers,**

I would like to **SWAP SNAKE BEAN, PASSIONFRUIT AND ROSELLA SEEDS** for eggplant and gourd seeds (especially a gourd that is shaped like a swan), herbs and henna seeds/cuttings. Will consider SAE also.

**Doris Fuller,**

**53 Paten St, REVESBY 2212.**

**Email: tecoma@hotmail.com**

**Hello Megg & Staff,**

Congratulations on a wonderful magazine! Through our efforts, (my mother and I) we have a comprehensive library of GRs through from 1977 to now. I am chasing the few missing from the collection. After checking all city libraries and our state library for these my last hope is in asking if any GR readers have the following editions available for sale. They can contact me on 08-9246-7647 or at the address below. The editions required are **NUMBERS 1 – 11, 13 & 14**. In *Gumnut Gossip* of the winter 1979 magazine, Megg mentioned that a reprint of issues 1 – 5 was on its way. Perhaps someone has this reprint they would like to sell.

**Carolyn Clairs,**

**42 Belvedere Rd, HAMERSLEY 6022.**

*The compilation you are after is 'The Early Years', now out of print, but perhaps a reader has a copy they no longer want. You sometimes see copies and early editions of the magazine for sale in Grassifieds.*

**To all at GR,**

Recently I dashed into the newsagency to get my husband's train mag when I was very pleasantly surprised to see the 150th issue of your wonderfully practical but fun magazine. I have been a reader on and off since the late '70s, and have the *Fireside Reader*, *Bumper Book* and the *Vegie Gardeners Companion*.

In August 1999, I put pen to paper, asking readers for help with silverbeet growing (birds and pests attacking). I was absolutely overwhelmed by the multitude of letters and helpful advice I received. Needless to say, I now have a lovely frame over my very luscious silverbeet!

So a big thank-you and congratulations.

**Pauline Brooks,**

**37 Foster St, HAMILTON 3300.**



# FEEDBACK LINK-UP FEEDBACK

## To the Team,

I was reading in GR 150 that A Sage was asking about **RESTLESS LEG SYNDROME**. I mentioned this to my mother and she said that she suffers from this and has found that when she has products containing caffeine (coffee, cola drinks or chocolate) after midday, or at the latest after 3pm, she has a bad night and she can't sleep. So in the evenings try a herbal tea such as green tea and I hope you have no more restless nights. Mum no longer has a problem with restless legs.

Karen Kneale,  
Glen Mona, TOMINGLEY 2869.

## Dear GR,

Hello to all; this is my first letter to GR. I am 24 years old and live in the northern rivers region of NSW along with my two beautiful children (Zarnia 6 and Orien 4) and my partner Zdenick. We are keen organic gardeners and I am passionate about herbs. My daughter, Zarnia, is home-schooled and we are looking for families with **HOME SCHOOL EXPERIENCE** to share ideas and stories with us. We have recently moved into a lovely house with plenty of room for gardening. We have a small fruit orchard of citrus and peaches that has gone a little wild, and we lost all our peaches this year to fruit fly, so if anyone has information about natural ways to deal with this pest, and also about pruning peaches and citrus, we would love to hear from you. Also, we have five very big pecan trees that are in nut right now, so information about how to harvest and store them or recipes as well would be much appreciated. Thanks for the fantastic magazine and love to all.

Taminga James,  
996 Keerrong Rd, KEERRONG 2480.

## Dear GR & Readers,

For Tracy Emerson (GR 150) requesting a **FOWLERS VACOLA BOOKLET**. An updated version is available from: Fowlers Vacola Australia P/L, 23 – 25 Racecourse Rd, North Melbourne, Vic 3051. Ph: 03-9329-7799, fax: 03-9329-9899. They now have newer kits available. They will also give you the address of your nearest Vacola stockist, usually a hardware store. I have obtained many of my bits and pieces this way. They also have a fantastic food dehydrator available for a reasonable price with many accessories. I have an old book dated in the '30s or '40s. It is their 18th edition but is still useful.

For Jude Watson and Anna Woodhouse (GR 150) requesting **PRESERVING RECIPES**, I recommend a book called *Food Preserving at Home*, by John Gross, by Choice Books, available through the Good Life Book Club, by (dare I say it) *Earth Garden* magazine. It is a much more updated version that shows preserving, freezing, pickling and many other methods. This still allows you to water-bath and preserve goods just as in the Vacola method.

I also suffer from **RESTLESS LEG SYNDROME** sometimes and find that lying on the lounge and rubbing from feet first, toes and heels, then in long strokes up the calves, then in rolling motion around the knee caps, then along the thighs – all the time in long firm strokes – towards the heart with your legs elevated above the heart. A bit of a yoga exercise. I thought I read somewhere it was a lack of phosphorus in the body?

A small request to those out there who could send me any information on **NATURAL DYEING**. I love patchwork and quilting and wish to colour my own fabrics. I need to know which vegetables, fruits, galls and barks etc need which fixative. Do I boil, then strain, then add cotton material then boil or simmer, or do you put the fabric in with the seeds, skins, galls or fruit? I have read about this before, but mislaid information and it really wasn't clear enough on how to actually do it. I will send some samples (if successful) to those nice helpful people. Thank you.

Jodie,  
BOAT HARBOUR 2316.

## Dear Grass Roots family,

Once again thank you for this wonderful publication and for all the interesting and varied topics offered by all contributors. In response to a letter from Jane Smith in GR 150 about **PROPERTIES OF THE PAWPAW**, I know of a person who suffered with extremely cracked and sore heels on the feet. Pawpaw ointment, massaged into the heels twice a day, cured the problem within a few weeks. The skin became smooth, soft and crack-free. With daily use after a shower you will prevent the problem recurring. Pawpaw ointment is readily available from health food sections of supermarkets or chemists and health food shops. Shop around because there is quite a large variation in price. Vitaplex appears to be the least expensive around here, 75 grams for under \$9. It will last for a couple of months. If other people know of other pawpaw remedies or uses, it would be great to read about them in GR.

Michele Maher,  
13/12 Angel St, EIGHT MILE PLAINS 4113.

## Dear Grass Roots,

I thought readers might be interested in this. Having travelled extensively around our great country I have discovered two major truths: More and more retired people, 'The Grey Nomads', to which I belong, are travelling more and further afield, and the owners/managers of outback **CATTLE AND SHEEP STATIONS** are finding it **HARDER TO ATTRACT AND KEEP STAFF**. Frequently I've been asked would I like a job, to stay on the property and take over some of the mundane tasks. This means a temporary stay of a few weeks, to perhaps attend to some maintenance of the homestead or help teach the younger children. Maybe just mind the children for a while, cook a few meals, repaint a room, water the garden, organise a veggie garden. Mainly help is needed at muster time, or some other activity where the principals are too busy. To this end I'm involved with a number of stations to try to compile a register of people for this purpose. This scheme is mainly aimed at the 'Grey Nomads', people no longer requiring a job but willing to help out in the short term, for the chance to spend time on an outback station. Paid work as well as volunteers.

You could even perhaps bring some expertise trade-wise: carpentry, plumbing, etc. Bring your own motor-home, caravan, pop-top campervan, or stay at the homestead or shearers' quarters. Do some fishing with the blessing of the owners. Get involved in the outdoor activities maybe. My wife and I are heading off to WA at the end of May to do just that, get involved. Anyone interested can contact me between May and November on: 08-9981-2943, or email: gjwatters@westnet.com.au

Adam Johnson,  
PO Box 290, VENUS BAY 3956.

## Dear GR & Friends,

I've recently moved to an old but well maintained farmhouse on 8000 hectares in the heart of the magnificent Flinders Ranges. I have two children, we look after two horses, two goats and chooks. In the next few months I'd like to paint a few rooms, tidy the yard, plant some trees and put in a small garden. If anyone, couple/family would like to **LEND A HAND AND EXPERIENCE** the Flinders and its wildlife up close, please come and visit. Holidays are fine. I'm also open to barter and have an array of skills to swap. I've worked with Special Needs people, mainly children, coordinating activities and home-care, also cooking, gardening, stock work, horse riding instruction, reiki. I'm interested in making some local contacts as well. I'd appreciate any advice on gardening in my area. Or if you just want to drop a line to say hello, please do.

Flinders Family,  
PO Box 218, QUORN 5433.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

# FEEDBACK LINK-UP FEEDBACK

Dear GR Folk,

This is my first letter to GR. I'm newly arrived back 'home' in the suburbs of Melbourne after 15 years in Blue Mountains, NSW and two years travelling in campervan. I'm keen to connect with GR-type folk, bayside Frankston-Mordialloc (hope to be based Edithvale-Chelsea) or rural inland of this. My 'project' is to **CONNECT YOUNG CHILDREN WITH NATURE** and with quality and charm in things cultural, especially kids in places where bricks and asphalt and video games dominate. Plenty of scope here! Thanks to Jennifer from East Bentleigh (GRI48) about greening urban areas, and her permaculture in primary schools project. I'm hoping to take young children, including babies, into the local 'natural' areas (beach, wetlands), plus much more, once the dust has settled and I'm really 'here'. Might take awhile as I have CFS. I can supply the ideas if anyone out there has the energy to manifest! I'd be happy to hear from anyone who has set up a similar project, or anyone interested in same, or anyone in this neck of the woods into GR and greenie-type things.

Susanne Gardner,

C/- PO Box 666, MT ELIZA 3930.

Dear GRs,

I was planning my swansong – my fourth and last attempt via contacts to find a relationship. Then I opened the recent GR to find that it is not possible any longer. Contacts was a wonderful venue to meet people, and must have been such a marvellous service to so many. You could find all sorts of people there from the airy-fairy out of this world to retired professionals and academics. If they read GR you'd feel there was something okay about them. I can't understand why it went into decline. Perhaps if we all got off a Contact ad the editor would have to open it up again.

I always felt that one day I'd see the words of a getting-on-a-bit self-aware man who had time for intelligent women, because he too was intelligent, but also practical and moving along his spiritual path. I was never interested in a drifter who'd not acquired a few assets along the road. Someone who's had an occupation/profession and now relishes his retirement. There, I've outlined a contact without really trying.

What I really wanted to do was to thank all those who tirelessly edit all the articles that are written for GR. And to thank you for the Contacts service that over the years must have brought about some relationships, created friendships, perhaps brought old friends together again, and, if nothing else, served to provide the opportunity for some interesting chats over a cup of coffee.

Anne Foorde,

PO Box 602, BUDERIM 4556.

*Sorry Anne. Read the article in GR 150, page 27, for more on the demise of Contact ads.*

Hello GR,

I am moving to Tasmania in the next few months and am writing to ask if anyone can help with information as to any good **LOCATIONS TO FISH AND CATCH CRAYFISH** (lobster). I would also appreciate any hints and knowledge of how to build a cray pot, what bait to use and how to locate them. Have searched the Internet without much luck. If there are any books or articles with this information I would be much obliged if anyone could let me know where or how I could obtain copies. Any recipes would be helpful too. As we are keen fisherpeople too, perhaps some hints on good spots to fish in the sea or inland in Tassie, doesn't matter which. As I will be located in the north to north-west area, some local knowledge would be fantastic. Thank you for a wonderful mag, and many thanks to all readers with their ideas and hints. Makes entertaining reading.

Esther Becker & Family,

Box 2329, BALLARAT MAIL CENTRE 3354.



Dear GR Readers,

This is a plea for help from others who have had a similar experience. Two years ago, my husband and our family moved to our beautiful bush block after having built our kit home on it. There have been so many moments of great happiness for me here, but unfortunately this has not been so for my husband who is now adamant about moving back into town (20 minutes away). Our house is now up for sale and I feel tremendous **GRIEF ABOUT LEAVING A PLACE** I am so happy in. If I refuse to sell I will have to endure my husband's daily anger and resentment. Being in town makes me feel claustrophobic now. How have other GR readers coped with having to move back into town. I know I can still practise permaculture, but it won't be the same. Please write and tell me your story. I will be very appreciative.

Terri Hagan,

5 Nottingham Dr, PORT MACQUARIE 2444.

Hello Everyone,

A huge thank-you to all who wrote to me with contributions and support for the nature newsletter for children! Hopefully it will be up and running by the end of the year. Also, hi to Robyn at Weston. Sorry I haven't written for awhile. I've been so busy. I have found some information on stevia which I will send to you soon.

Does anyone know of the **PERENNIAL FORM OF AMARANTH**? Apparently, the whole plant can be eaten. I am willing to buy seeds from anyone who has some to spare. Also information on how to prepare it for eating?

Re **MEALWORMS**: We breed these wrigglers for our finches. They are in small, shallow plastic tubs, started with some from the pet shop. You put them into a tub half-filled with supermarket brand unprocessed bran, covered with felt or newspaper (a little larger than A4 size suits our containers). Feed them every week or so with some chopped carrot and a couple of pieces of bread (no need to chop up bread). Bran needs topping up every so often. They seem to prefer a dark environment (ours are in a cupboard). Worms mature into small black beetles which don't fly, so they are easy to contain. When the worms are about 2.5 centimetres long, put them in another container with bran and store in the fridge. When needed, leave them out to warm up and start wriggling again before feeding to birds etc. I don't know if this is the 'correct' way to do it, but it works for us! I'd be interested to hear from anyone who does it on a larger scale.

I am planning to move in a few months and wonder if anyone can help (with information!). I am after a two to three bedroom home on anything from a large block to a couple of acres, in the Lower Hunter/Newcastle area. Need enough room to put the bus, vegie/herb gardens and maybe a few chooks. Anything **WITHIN AN HOUR OF NEWCASTLE** would be great. I would prefer a long lease if rentals are available (I have excellent references), or perhaps the opportunity to buy on vendor finance terms. Any information would be gratefully received. Thanking you in advance.

Donna Lee,

12 Moon Cres, PARKES 2870.

Email: DonnaLee585@msn.com



Dear GR Readers,

Recently I have been receiving requests for **MAKING SAUSAGES**. Some of them were by telephone when I was not home. The person's telephone number was given to my husband for me to call back. For me to call interstate would be too expensive, so please write instead. I have an additional recipe for bologna sausage (as made in Germany, as well as Americanised). If anyone wants it please send SAE. I also have a recipe on how to **PICKLE OLIVES** for which you can ask at the same time.

Lucy Daugalis,

18 Rockville Ave, DAW PARK 5041.

# FEEDBACK LINK-UP FEEDBACK

## Dear GR Friends,

Congratulations Megg and staff on your great work reaching issue 150, and a special thanks for the back cover photo. I have read GR for over 20 years and learnt much, as well as having hours of enjoyment. I am needing advice on buying a **NEW WASHING MACHINE** because we are now on tank water. Am I better buying a twin tub or front loader? The shops seem to want to sell the brands they can get the best 'buys' on. The *Choice* magazines at the library are fairly old on this subject. Also, has anyone experience with **PUSHBIKE-TYPE BIKES**, either petrol driven or electric. I have been told some teenage boys have put whipper snipper motors on their scooters. Is this a possibility for a pushbike?

Marie Dybing,

RMB 3240, HORSHAM 3401.

## Dear GR People,

This is the first time I have written to *Grass Roots* and I would like to express a vote of thanks for a job well done. *Grass Roots* inspired me during my childhood to see alternatives in our world when the mass media and most of my peers presented only one view. This has enriched my life and now my family's. After travelling through Asia and completing a Bachelor of Education, we have finally built on about an acre of decrepit orchard at Kapunda, a little old mining, farming, tourist town north of Adelaide. In the true GR style we self-designed a house with passive solar principles and had it built to lock-up stage and then used mainly recycled materials to complete the job ourselves. I don't know if we saved much money, but we are secure in our knowledge that a lot of trees were saved. Of course, we have planted a lot of gum trees to replace what was used in our structure. Future plans include use of greywater, an expansion of our vegie/herb patch and some chickens and sheep.

I do have a question that I hope the GR body of knowledge can help me with. In my time as a teacher I have noticed that for many students the institutional setting of a school is not suitable to their individual learning styles and needs. I believe that the South Australian curriculum is well set out, flexible and achievable, but the structure is of no help. I realise this is not a new observation, but one which troubles me in my professional life. My dream is to create what I call **A CLUSTER SCHOOL** that allows a small number of students, say 12 to 18, to achieve learning outcomes in a more 'real' setting and one that is practically based. This view is supported by numerous theorists, but I would like to hear from people who perhaps have taken this initiative, or similar, further, or people who support my view that the cheap way of educating our children is leaving too many behind.

On a lighter note, if there are any GR people in our area, my wife and I would love to hear from you. Also, is there anyone with the recipe for Indian tea called chai (is that how you spell it?). I enjoyed it greatly in India and had forgotten about it until a recent visit to Bundagen, near Coffs Harbour, and now can't stop longing for it again. Your help in any of these queries would be of great help. Thank you.

Peter & Rachael Norde,

24 James St, KAPUNDA 5118.

## Dear GR Friends,

I have so much **DAY-OLD BREAD** and potatoes given to me, I would love to have some recipes to use them. Can anyone tell me how to make easy wine from fruit (fresh) or bought juice? Last of all, I need a recipe for homemade stain for hardwood verandah posts.

Sandra Burke,

C/- Post Office, MACKSVILLE 2447.

## Dear GR Readers,

I am a 31-year-old mother of two young boys aged four and two. I've always used cloth nappies on both my boys with the occasional use of a disposable nappy. Since discovering your wonderful magazine two years ago at my local library after moving to the Sunbury area, I began to wonder if there was an environmentally friendly alternative to using ladies' disposable sanitary pads. As I have no problem at all soaking and washing soiled nappies, then I have no problem in soaking and washing cloth pads.

I discovered the answer one day a few months back in a health magazine. Finally, after what seemed an eternity of using disposable pads, I discovered Rad-Pads. I wrote to the company for some information and then I sent away for the 'starter pack'. I was so impressed I ordered more.

Rad-Pads are available in four sizes to suit different flows, and come in assorted colours. How do fuschia, purple and sea green sound? They are made from 100 percent cotton and have a jersey and corduroy case with wings that snap fasten beneath your pants (they don't move or bunch) and contain a towelling insert. Both can be separated for soaking and washing. The soaking water is a great fertiliser and can then be poured onto your garden. Nothing goes to waste. How's that for environmentally friendly? Rad-Pads will last for many years and you won't end up throwing money away in disposable pads.

Contact: Rad-Pads, PO Box 786, Castlemaine, Vic 3450. Ph: 03-5472-4922, fax: 03-5470-5766, email: enquiries@fertility.com.au

Lesley Ashley,  
SUNBURY 3429.

## Dear GR,

I was recently introduced to *Grass Roots* through a friend, and have found your magazine both interesting and informative. Recently I have built a house above ground on concrete piers with steel pier caps. My question is, does anyone have an alternative method for the prevention or **CONTROL OF WHITE ANTS** for a dwelling of this type?

Adam Craig,

14 Logan St, COOLAMON 2701.



## Dear GR,

I am devastated. After living with a partner for eight years, head in the clouds and making excuses for his lack of being there for me and the kids, thinking our relationship was solid enough, every aspect has crumbled. I feel like the biggest fool that ever walked upon this earth. The biggest lesson being that rumour does sometimes have basis in truth. Now I find myself paying high rent with no garden and three kids. I wasn't married to my partner, the farm is his parents', every ounce of my pension and energy had gone into his place and now I have nothing. Nothing, that is, except an opportunity to start all over again. This is a desperate **PLEA FOR HELP TO FIND CHEAP RENTAL** or suitable vendor finance on the north/far north coast NSW. Four months ago I had 220 acres on an island in the Richmond River, huge vegie and herb garden and countless fruit trees/vines and natives everywhere. Now I have four potted herbs surrounded by cane farms. I have advertised in a few local papers for a suitable place, but with absolutely no response, another expense I can ill afford. I've read GR for 20 years and never written in before. Now I'm desperate to get back to what I do best, have my hands in the earth and walk around a farm with a bucket in hand. The kids and I need to pick up the pieces and re-create paradise, on our own, without illusions. I have an ad in the previous issue of GR, hoping to draw a positive response, but I would also like some positive words from my fellow GRs, also advice or anything.

Julie Holdway,

PO Box 170, WARDELL 2477.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

# FEEDBACK LINK-UP FEEDBACK

Dear Readers of GR,

Hi my name is Elaina Conway, I'm 19 years old and have just bought a house in Proston, 45 minutes north-west of Kingaroy and I'm writing in response to the article 'GROWING A SQUARE MEAL' by Robert Millet in the Feb/Mar issue. The soil up here is absolutely horrible, it's even hard to dig it with a mattock. So instead of digging garden beds, I have tyres stacked three high and full of dirt. This is a help in many ways: it saves digging, it saves water, it saves weeding, it saves on having to bend down to ground level. Over the top of these tyres I have a large mesh rooftop and one wall, and have passionfruit growing up the side and top to shade the vegies in the tyres.

This is only my first winter here, but the people here before me said the vine also holds off the frost, therefore you can grow tomatoes all year round and many other vegetables that are affected by frost. Then I have my laundry over by the garden and have put a small tank beside it. The water from the washing machine goes into the tank, so if I wash every day (which isn't too hard with three kids) then I have water for the garden every afternoon. I have every vegetable you could think of growing and plenty of fruit and herbs. There is only one thing that I can't grow and that is mint. If anyone has any ideas, could you please write to me and let me know as it is my favourite and I just can't get it to grow.

I enjoy reading GR and putting ideas into practice. *Grass Roots* has been a part of my life for years. My mum buys it and I remember being very little and doing the things on the Kids Page. Thank you GR for being a part of my life.

Elaina Conway,  
'Forest Haven',

Lot 5 Glencoe Rd, PROSTON 4613.

Hello Ed Mary,

I have just discovered my MOTHER'S TOMATO SAUCE recipe on a scrap of faded, tattered paper. Can just make out the writing.

Take 40 – 45 lb (18 – 20 kg) tomatoes and 2 oz (60 g) garlic. Put through the vitamiser, then through the flour sifter. Be sure to get all liquid out. Boil for one hour. Added 3 lb (1½ kg) sugar, 2 oz (60 g) salt, one level tsp of cayenne pepper, 3 pints (1.8 lt) Sutherlands White Vinegar. Sew into an eight-inch-square (20 cm) cotton bag 1½ oz (45 g) whole allspice, 1 oz (30 g) of cloves, 1 oz (30 g) whole black peppercorns and add to mixture. Boil three hours. Let cool and bottle in warm bottles. Cork next day. Boil corks in vinegar. Melt paraffin wax, dip corks in wax and cork.

Reading a back issue of GR I noted a young bloke had cleared some scrub, uncovering a paling fence. Quite often with an ANCIENT PALING FENCE the posts have rotted away below ground level. To pull posts out and to replace can further damage a fence. An old-fashioned method is relatively simple. We would cut the post through (horizontally) above ground level and through solid wood. Then clear the stump hole ready for the repair.

We would cut a bedstead rail into two pieces and remove the end knobs; the two pieces of angle iron were fixed to diagonal corners of the fence posts with coach screws, which were some 75 millimetres in length. The angle iron was taken about 30 centimetres up from the base of the cut post. The angle iron was drilled in size to take the coach screws, the posts drilled with a slightly smaller hole. Two coach screws to each piece of angle iron, space the screws with one 10 centimetres from base of post and the other 10 centimetres above it.

The fence post should be checked for plumb. If you have left your spirit level at home, you can often sight your post against a house corner or some type of structure. The last job is to mix and pour some concrete around the angle iron and up to ground level. The stump hole can use a lot of concrete, so be careful not to excavate too much earth.

Ken Woods,  
79 Blake St, SHOREHAM 3916.

Dear GR Readers,

Here are answers to some of your questions:

**GARLIC SPRAY** is excellent for small insect pests. Chop up 90 grams garlic and mix with two teaspoons of liquid paraffin or kerosene and liquid soap. Let it soak for four to seven days. Mix with 600 millilitres warm water and strain through a fine sieve or stocking. Your solution is ready. Store it out of reach of children and label the jar with 'poison'. Pour 25 percent of the solution into a spray bottle and fill up with water. Ready for spraying.

For leaf-eating insects and aphids boil **RHUBARB LEAVES** for 30 minutes. Strain and add pure soap gel (soak soap in hot water). Do the same as I mentioned before (for garlic), but dilute 50 percent. Rhubarb is very poisonous.

Indoor plants often get a white fluffy growth called woolly aphids around new leaves. Saturate cotton wool with methylated spirits and wipe leaves.

Instead of garlic you can collect cigarette butts or filtertips. Boil them for 30 minutes and do the same as for rhubarb spray. This will even kill slugs.

I don't kill ants but if you have some in the house, place cucumber peels where they like to run.

For a very hot, dry, sandy region (Busy Mum) plant all herbs such as the sages. Lavender needs the same conditions as all herbs. Do not forget to mulch – lots of straw, hay, grass clippings, shredded newspaper and the like, at least 10 centimetres thick. Go to your library for books on how to grow herbs.

To remove **CARPET STAINS** a very easy, cheap, effective solution is 50/50 very hot water with white vinegar. Brush it over stain. The colour comes up like new. **ALL-PURPOSE CLEANER**: fill your old spray bottle about 3 centimetres with white vinegar, 3 centimetres with bleach and fill up the rest with water. If you want a nice smell, add a few drops of tea tree or citronella oil. Even cockroaches don't like it when you spray and wipe every night over your kitchen workbench.

For Sarah: When they're in season buy a punnet of **CAPE GOOSEBERRIES**. Let one go overripe. Open, wash out the seeds, spread them out on paper towel to dry. You will never be without them.

Re **FRUIT FLY**. This is a very serious business and by law they must be destroyed. Ask your local council, they will help you. You have to hand-pick all fruits/vegies with a sting. Place them in a bucket and pour boiling water over them. Bag them and put in the garbage. One sting in one fruit will produce many maggots, turning to flies and the circle goes on again. My neighbour protects her mangos and grapes with small bags she made from flyscreen. Over her capsicum she puts old curtains. In the trees hang bottles with lures (water with brown sugar or molasses).

Rose,  
45 High St, URUNGA 2455.  
Email: rkrocker2000@yahoo.com.au

Dear GR & Readers,

Is there anybody who knows of a company selling original or **NONHYBRID VARIETIES** that are viable and will reproduce themselves from year to year from their own seed. We are after tomatoes, broccoli, zucchini, cabbage, carrot, cauliflower, lettuce and anything else. Also, is there anyone with a recipe for **GREEN TOMATO RELISH**. Thank you. Hoping someone can help with this.

P & S Jolic,  
PO Box 62, COOMA 2630.

There are many suppliers of open-pollinated seeds. Here are a few to try: Greenpatch Organic Seeds, ph: 02-6551-9290; Eden Seeds, MS316, GYPMPLE 4570, ph: 07-5486-5230; Seed Saver's Network, PO Box 975, BYRON BAY 2481, ph: 02-6685-6624, 02-6685-7650; Phoenix Seeds, PO Box 207, SNUG 7054, ph: 03-6267-9663; New Gippsland Seeds & Bulbs, PO Box 1, SILVAN 3795, ph: 03-9737-9560.



# FEEDBACK LINK-UP FEEDBACK

Dear GR,

I have been reading your mag for many years, buying only when something of interest shows up. I have seen letters asking about **CHEAP ACRES**. I live in **MORGAN, SA**, which is where the river Murray turns south. It is dry, sometimes windy and dusty, but a top tourist town. I have moved a house from Adelaide to here (160 kilometres) to occupy nine acres. I have had a pipeline installed and my trees are growing well so far. The blocks of four to twelve acres range from \$1000 to \$11,000. My nine acres cost \$7000 in 1993, the next door nine acres went for \$5000 in 2001. The town has two hotels, motel, roadhouse, service station, PO, bakery, school, steel shop, houseboats, and other businesses. There is skiing, go-carts, moto-x, bowls, golf course and plenty of wildlife. This would be a good place for a cottage industry for Lions have an auction/goods market every month. My reasons for being here are economical as I could afford to start here. To find out more ring Marshalls Real Estate, 08-8541-2777. Website: [www.marshallsfirstnational.com.au](http://www.marshallsfirstnational.com.au)

**B Kennett,  
MORGAN 5320.**

Dear GRs,

I recall in Yackandandah when we had bees on the red stringybark there in the hills cornered by the three towns of Yackandandah, Beechworth and Chiltern, that I was amazed some mornings. I would walk out to the apiary after breakfast, because we camped on site, and the sun would just be getting up. The frost on the canvas cover of my swag would crackle as I made my way out of it. I would walk out through the apiary, because in the summer months when it was warm in the desert country, sunrise caught us already firing up the boiler to heat the uncapping knife. But not here. So I'd be walking through the apiary, and there would be few bees yet flying, just an odd one, legends to their colonies, worn wings tattered from a billion beats, old bees standing on the land board and seeming to look about to make certain all was well, and then launch themselves into the still cold air.

Then suddenly, just as light was true, and the warmth that it carried made the air pleasant, I was surrounded by bees. They seemed to drift in like a million fairies, legs covered with pollen, appearing as if from the very air itself with a gentle buzzing, like the earth purring with the happiness of their return. The fronts of the colonies would be covered with bees trying to enter in that funny little hurried way, as they walked over guards and those that were taking advantage of the heat that came from the inside of the hive to dally there for just a moment and savour the odours of home. The first time I ever saw it I was just amazed and wanted to run to my boss and mentor and tell him about it, yet was reluctant to leave till they were all home.

When I did tell him of the experience he said that it happened quite often, **BEES CAMPING OUT**, especially in the autumn. The day is warm and pleasant and the workers are busy, they want to make the most of the opportunity to fill their stores before the obvious onslaught of winter. As happens in the mountains, once the sun falls behind the hills the air is suddenly cold. The flight bees are caught out and they find the nearest shelter. Their honey stomachs filled with nectar and their legs packed with pollen they wait out the long night, getting ever colder, and their metabolism slowing to compensate. Then, with the light, they rouse themselves and get ready for the first moment of warmth that sifts through the leaves of the trees in which they are suspended, and enough of it to then cast themselves into the warming air towards home.

**Charlie & Marie-Louise,  
OME0 3898.**

Dear Megg,

I have been a reader of GR for many years and have contributed on a couple of occasions to the magazine. During that time I have

read many enquiries by readers with requests about various aspects of alternative living. It would appear that although some of the people writing in may have had a definite wish for a **CHANGE OF LIFESTYLE**, some of the queries would indicate that they were not in fact true candidates for the real commitment. The article by Vicki Judd was right to the point; solitude, although a balm to some, can become just the opposite to others. Not everyone is going to be able to acquire their small property, containing a house and other requirements. Although reusable material in some cases is superior to what is supplied today, not every location will be blessed with a ready source of supply. There is no cut price for cartage today and unless your requirements are sufficient there are many who wouldn't be interested in doing the cartage for you.

In the eastern part of the country there are many communes and settlements that have open days allowing various amounts of exposure for visitors. There are always inhabitants who are only too willing to supply information. However, these days are just like the country show; you see the best of the finished product. Those with no experience should endeavour to spend some time in such places to actually assist in carrying out some of the more arduous and sometimes unpleasant duties, along with some of the skills required to live in isolated places without the availability of specialists.

Perhaps as a help for those contemplating an alternative lifestyle, as well as these already partaking, GR could obtain the thoughts of a variety of people who have successfully established themselves by their own efforts to contribute what to them were the main requirements for success and the inconveniences they put up with to reach their aim. It is the inconsistencies and frustrations of not being able to do something which will cause failure to those who have bolstered their wishes on the success stores they may have read.

Whichever type of living you envisage, the boy scouts' motto is very apt - 'Be prepared'.

**Ray Curtis,  
PO Box 263, NARROGIN 6312.**

Dear Grass Roots,

It is great to see that a magazine like *Grass Roots* has such a large and committed following. There are a lot of people who feel that many things are not right, even though they seldom express their concerns. Most people **DON'T WANT GENETICALLY ENGINEERED** foods (GMOs) and they want proper labelling so that they at least have the right to choose. Ingredients often include 'vegetable oils'. Is this really good enough?

When I was a child my parents made a living from selling cream, potatoes, rape and rabbit skins. They had nine cows on about 135 acres. Nowadays to run a viable dairy farm they need to keep about 600 cows! And the acreage is probably not much more. Diseases will always increase when stock are more crowded. To say that we were better off before there were milking machines is a no-no, but weren't we? We keep getting newer technologies and they are always portrayed as 'good'. People want 'development', but does this really amount to progress? My parents were on their farm when the Second World War ended - it was their ninth wedding anniversary. At least until then milk was free from excess quantities of iodine 131!

**MC (GR 152),  
C/- PO Box 117, SEYMOUR 3661.**

Dear Folks,



Several readers have enquired regarding availability of Australia's **NATIVE CARNIVOROUS SNAILS**, featured in my article 'Bugs Beware' GR 150. I have researched further into the scarce information available on these snails. These details will be submitted for publication as soon as possible. Thank you for your interest in our feral snail eliminator.

**Neville Jackson,  
VALHALLA.**

# WHAT'S ON

With so many interesting events coming up in the next few months the hard thing is going to be choosing which ones to attend. Prospective home builders are especially well catered for with two expos, a tour and a conference on the agenda.

## SEED SAVERS' CONFERENCE

This year's conference will be held in Adelaide on the weekend of 26 and 27 October. Meet other seed savers and learn practical skills. Topics include genetically modified food, record keeping, biodynamics, organics, permaculture and community gardens. For details contact Helen Weston on 08-8298-5664, email: [hweston@bigpond.net.au](mailto:hweston@bigpond.net.au), or Seed Savers on 02-6685-6624.

## STRAW BALE CONFERENCE

Coming up in December is your chance to learn about this economical and environmentally friendly building method. Plan ahead for this week-long event (1 to 7 December) to be held at Charles Sturt University in Wagga Wagga, with hands-on workshops daily at nearby Ganmain. For details contact the Ausbale web site at: [www.earthgarden.com.au](http://www.earthgarden.com.au) and follow the links.

## FIBRE NETWORK FESTIVAL

Friendship and imagination are the themes for this year's Fibre Festival to be held at Hurlstone Agricultural High School near Sydney from 11 to 13 October. Demonstrations of fibre techniques, activities, videos, books, traders and suppliers will all be on tap. Live-in or day attendance options are available. Anyone interested in fibres is welcome. For details contact Kathy on 02-9524-9944, or Tia on 02-9529-4993.

## CROYDON SOUTH PRIMARY SCHOOL BACK-TO

Former pupils, teachers and parents of Croydon South Primary School, particularly those original students and teachers from 1967, are invited to participate in the back-to on 27 November. The organising committee is looking for photos, books, anecdotes and memorabilia. Contact Sue Haywood on 03-9761-4851, or 0419-156-210.

## HANDMADE HOUSES AND GARDENS TOUR

Tallowood Community School's major annual fund-raising event will be held this year on 28 and 29 September. Tour the beautiful Nambucca valley while enjoying and learning from some of the area's renowned owner builders. Twenty unique homes of mudbrick, stone, and pole-frame construction, many featuring solar power and recycled materials, are open for inspection. Owners will be available to discuss special aspects of their homes. For details phone Darrel Ewart on 02-6564-4194, or the Tallowood School on 02-6564-7619.

## HAND-SPINNERS AND WEAVERS

The Hand-spinners and Weavers Guild of SA Inc holds many relevant classes and workshops throughout the year. Some topics include alpaca spinning, introduction to spinning and advanced spinning, knitting and pattern weaving. The Guild is centred at Mile End in SA; anyone in the vicinity wanting to learn new fibre skills or extend existing ones is welcome to contact the Secretary, Liz Steveson on 08-8267-6675. The Hand-spinners and Weavers Guild of NSW also holds regular events. This group is based in Burwood and can be contacted on Thursdays on 02-9745-1603 for information about meetings and other activities.

## HERB CONFERENCE

'Herbs for the Senses' is the theme of this year's conference to be held at Pembroke College, Kensington Park, SA from 27 to 29 September. Lectures, workshops, market fair and post-conference trips are featured. Topics include biodynamics, lavender, olives, GM food, bush foods, herbal cosmetics, Asian herbs and Mediterranean herbs. For details contact Peter Love on 08-8276-9621.

## ENVIRONMENTAL HOME EXPO

Hobart City Hall on 24 and 25 August is the venue for this annual event. Great exhibits, talks and workshops – all you need to know about environmentally friendly building methods and materials. For details phone 03-6234-5566.

## EQUITANA

A week-long celebration of the horse will be held this year at the Brisbane Exhibition Grounds and Convention Centre from 16 to 24 November. Spectacular events from Australia and overseas will be featured as well as competitions in campdrafting, show-jumping, scurry, cutting, reining and much more. This year's event is a special celebration for the Year of the Outback. For details contact Susan Smith on 07-3837-0205.

## ALTERNATIVE BUILDING EXPO

To be held at Bealiba on 26 and 27 October this fair is focused on promoting alternative building technologies with less environmental impact. Displays, workshops and seminars of relevance to prospective home builders will be featured. For details contact Kerry on 03-5469-1302, or Robyn on 03-5469-1388.

## FOR THE DIARY

Solid waste and related environmental issues will be the focus of a conference to be held in Victoria in November 2003. Anyone interested in attending can contact Ian Williams on 03-9696-1600.

## GREAT MASTERS

The National Library of Australia is hosting an exhibition of copies of Great Masters by Mortimer Menpes from 25 July to 7 October. Menpes's copies include works of Rembrandt, Gainsborough, Bellini, Van Dyck, Rubens, Reynolds and Velasquez. For details phone 02-6262-1160. ☛

**NATURAL MEDICINE**  
Correspondence courses written by  
**Isaac Golden, PhD, D. Hom**  
Principal of the ACHH  
President of AHA (Vic) 1992 - 98  
**Homoeopathy** - a fully accredited professional Diploma course, OR an intermediate course for parents  
**Natural Medicine** - a basic course covering home prescribing  
For full details contact:  
**Isaac Golden**  
PO Box 155, Daylesford, 3460.  
Ranch Road, Daylesford  
Phone 03-5348-3667  
[www.homeopathy-online-courses.com](http://www.homeopathy-online-courses.com)

2003  
**PERMACULTURE  
 DESIGN COURSE**  
 5-19 January

Certificate course of a standard curriculum written by Bill Mollison 1988. Graduates of this course can teach others or design for themselves or others.

Permaculture has evolved from an understanding of natural ecosystems and the realisation that we can create efficient and productive human settlements based upon patterns of natural systems.

**CURRICULUM TITLES**

Philosophy Ethics and Origins  
 Concepts and Themes in Design  
 Permaculture in Landscape & Society  
 Dry Land Strategies • Pattern Understanding  
 Soils and Natural Fertility • The Humid Tropics  
 Humid Cool to Cold Climates • Aquaculture  
 Climatic Factors • Water Resources  
 Trees & their Energy Transactions  
 Earth Working & Earth Resources  
 Alternative Land Title Strategies  
 Permaculture • Proscribed Tenure\*

\* New Titles within the Scope of the PDC Curriculum.

This Course also offers a choice of optional extra curriculum evening classes  
 Titled - Fermenting Foods • Nutrition  
 Marketing of Permaculture Design

**BUNYA MOUNTAINS CAMPUS**

The PDI Campus is set amongst rare high altitude rainforest within the 11700 hectare Bunya Mountain National Park. Located 3 hours inland from Brisbane, 1100m above sea-level on the watershed of the Great Dividing Range.

This course includes excursions to the regional locations selected to demonstrate a diversity of terrains, ecosystems and land use techniques. Quality modern accommodation is a choice of bunk-bed houses, or private rooms. Our resident chef prepares exclusively organic foods and participants are invited to learn new and exotic food preparation skills. Tennis court facilities are provided.

Established 1999  
**PERMACULTURE  
 DESIGN  
 INSTITUTE**  
 Strength from Diversity

PO Box 89  
 FORTITUDE VALLEY 4006  
 Telephone 07 3374 4097  
[www.futuredesigners.com.au](http://www.futuredesigners.com.au)

© 2002 PDI Leo Mahon Proprietor  
 237 Boundary St West End Q 4101

# Essentially Oily

by John Mount, Woodford, Qld.

Some tribes of American Indians would rub the oily fat of animals and plants on their bodies in order to protect and nourish the skin. Indeed, many races both ancient and modern have processed the essential oils of various herbs and plants for health and cosmetic purposes. (The term 'essential' was coined because it was thought that the oil was the soul, spirit, or original 'essence' of the plant.)

Essential oil is usually isolated by distillation, though other methods of extraction are also used, such as enfleurage (extraction by using fat), maceration (chopping up fine and steeping in water), mechanical pressing, and solvent extraction. Whatever the process, the resultant oil usually bears the name of the plant from which it is extracted: rose oil, olive oil, peppermint oil etc.

Depending on the extraction process and its efficacy, the oil is sometimes highly volatile. This can be seen, for example, when finely chopped pieces of garlic are added daily or weekly to a bottle of water (with the occasional shaking). After several weeks, and particularly after a few months, if a few drops are placed on the finger the liquid evaporates in seconds. At this stage the garlic water when sprayed on plants (even when diluted by half with fresh water) will kill *all* insects immediately on contact! Smearing small amounts of this garlic water concentrate on the skin (especially the face) results, approximately 24 hours later, in the top superfine layers of skin peeling with no discomfort. It's said to be a good remedy for acne, though the same results can be achieved by rubbing the face daily with a freshly cut garlic clove.

The function of the essential oil in a plant is still not well understood. Odours of flowers probably aid in natural selection by acting as attractants for certain insects. Leaf oils, wood oils, and root oils may serve as repellents to protect against plant parasites or depredations by animals. Good examples are the Australian turpentine tree (*Syncarpia* spp) which derives its name



from the orange-red resin the tree exudes and which closely resembles turpentine. This substance protects the tree from termites and borers. Extract of chinaberry (*Melia azedarach*) has been known to kill up to 90 percent of termites, cockroaches, and cabbage moth. Cypress pine (*Callitris* spp) is also a good termite- and teredo-resistant\* timber sometimes used in the building trade. Cedarwood oil, when placed on cotton wool and left lying around rooms, proves very effective against flies and other flying insects.

With the exception of oil of turpentine and pine oil, which are produced in large quantities, essential oils are mostly produced in relatively small amounts. It requires, for example, some 1300 to 1800 kilograms of rose petals to distill 30 grams of attar of rose. Nowadays, the enormous cost of these oils has prompted a search for synthetic substitutes. ☛

\*teredo = marine borer.

**Chemical Free**  
**eco-ball™ SUPER CHARGED**  
**LAUNDRY BALLS**  
**SAVE MONEY**  
**SAVE WATER**

Replaces all soaps and detergents in your washing machine - no need to rinse  
 Environmentally friendly  
 Hypoallergenic & antibacterial  
 No harsh detergents or chemicals to pollute our waterways

For free leaflet or to order contact -  
**Safe Eco Products - PO Box 522**  
**Daylesford VIC 3460**  
**Ph/Fax: 03-5348-7988**  
**Email: safeecoproducts@bigpond.com**  
Gays Rd, Wheatsheaf 3461

# KIDS PAGE

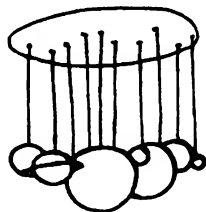
## THE SOLAR SYSTEM

Our solar system is made up of the sun, nine planets (and their moons), an asteroid belt and many meteors and comets. The sun is the centre of the system and all of the other parts orbit around it.

### Make A Solar System Mobile

#### You will need:

- a piece of cardboard at least 50 cm X 50 cm
- a range of coloured papers
- string
- scissors
- tape
- pencils or crayons
- a compass



1. Using the compass, make a circle of about 30 cm diameter from the cardboard. (The centre point made by the compass needle will be the position of the sun.)
2. Using the compass, draw nine rings around the circle of cardboard, leaving a bigger space between the 4th and 5th rings (these will be the orbits of the nine planets).
3. Using the compass needle or other pointed object, punch ten holes in the circle - one at the centre compass point for the sun and one somewhere on each orbit ring for each of the nine planets.
4. Cut circles from remaining cardboard to represent the sun and each of the planets. Make the sun the biggest, Jupiter, Saturn, Uranus and Neptune a bit smaller and the rest of the planets much smaller. Write the name of each planet on its back.
5. Stick a piece of string to the sun and each planet. Tie the other end of each string through the correct hole in the large cardboard circle - the sun in the centre, then Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto.
6. Adjust the lengths of string so that all ten circles lie on a plane.
7. Hang your model by tying three pieces of string to the top of the cardboard then tie these three together. Tie them to a longer string from which you can hang your mobile.

### Moon Cakes

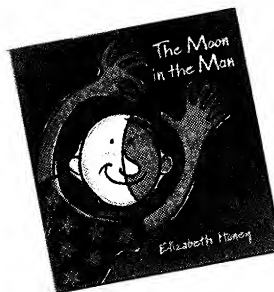
Moon cakes are a traditional Chinese treat made to celebrate the Chinese Moon Festival - sometimes called the Mid-Autumn Festival. In ancient China, planting and harvesting depended on the lunar calendar so the moon was very important. The Moon Festival is a big holiday with family reunions, moon-gazing activities and feasting on moon cakes. The following is a simple but yummy version of moon cakes.

#### Ingredients:

- 2 egg yolks
- $\frac{1}{2}$  cup butter
- 1 cup SR flour
- $\frac{1}{2}$  cup sugar
- 1 cup red bean paste or crushed lotus seed (from Chinese grocers) or just any red jam



Combine the butter, sugar and one egg yolk. Stir. Add the flour. Form the dough into one large ball, wrap in plastic wrap and refrigerate for about half an hour. Unwrap the chilled dough and form small balls in the palm of your hand. Make a hole with your thumb in the centre of each moon cake and fill with about  $\frac{1}{2}$  teaspoon of jam. Brush each cake with a dab of the other beaten egg yolk and place on a baking tray. Bake in moderate oven for about 20 minutes or until the outside edges of the cakes are slightly brown.



### BOOK REVIEW

#### The Moon in the Man

by Elizabeth Honey

This book is a collection of simple and fun poems involving many common wonders and interests of childhood. Easy and enjoyable poetry for youngsters to read alone or with grown-ups.

H/b, RRP \$24.95, Allen & Unwin, PO Box 8500, St Leonards, NSW 2065. Ph: 02-9901-4088.

### Did You Know?

- ★ The inner planets (those closest to the sun) are relatively small, made mostly of rock and have few or no moons. These are Mercury, Venus, Earth and Mars.
- ★ The outer planets are mostly huge, mostly gaseous, ringed and have many moons (except Pluto which is small rocky and has one moon). The outer planets are Jupiter, Saturn, Uranus, Neptune and Pluto.
- ★ Stars are glowing balls of gas in the sky.
- ★ Meteoroids are tiny stones or pieces of metal that travel through space. Meteors are meteoroids that have entered the Earth's atmosphere. Sometimes they are called shooting stars.
- ★ Satellites are objects that orbit a planet or a moon.
- ★ Comets are celestial bodies that orbit around the sun.
- ★ Asteroids are large rocky objects or very small planets. Most asteroids orbit the sun in the asteroid belt between Mars and Jupiter.

# IN THE KITCHEN

About this time of year it's easy to sit back and wonder how to start making any impact on the profusion of pumpkins in front of us. There's always plenty to share around, a chance to prepare some old favourites, and no excuse for not trying out a few new ideas, at the very least.

Pumpkin is so versatile and comes in many different varieties. It's full of beta-carotene and vitamin C. It's great for using in soups, salads, curries, pastas, bakes, desserts and breads. Pumpkin should be picked before the first frosts and with part of the stem left intact to maximise storage time. They can be stored for months in a cool airy place, but first leave them in a warm spot for a couple of weeks to toughen the skins. With such a long shelf life you don't have to rush to use them, but keep an eye out for the first signs of any soft spots, because they will deteriorate rapidly from that point.

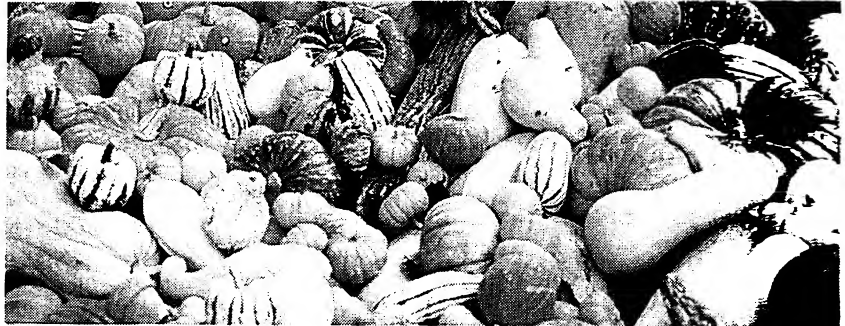
When you're cutting up pumpkin, make sure you keep the seeds so you can enjoy the kernels – a great healthy snack containing masses of vitamin B. They are also an extremely good source of zinc, iron, calcium and magnesium, and are particularly important for prostate health so should be part of every man's diet. Sprinkle salt on the seeds and bake them for 20 minutes in a 190° C oven. The kernels can be added to muesli, eaten as a snack or included as part of a school lunch.

Here are some different ways of using pumpkin that you might like to try.

## SPICY PUMPKIN SOUP

This makes a tasty change from the standard pumpkin soup fare. Add more shrimp paste if you like it hot.

- 1 clove garlic, chopped
  - 1 knob ginger, chopped
  - 1 onion, chopped
  - 2 tbsp sunflower oil
  - 1 kg pumpkin, peeled, de-seeded and cubed
  - 1.5 litres water
  - salt and pepper, to taste
  - 1 sml can coconut milk
  - 1 – 2 tsp shrimp paste
  - 2 tbsp coriander or parsley, chopped
- Sweat garlic, ginger and onion in sunflower until soft. Add pumpkin and



water. Bring to boil and simmer until pumpkin is cooked. Blend in food processor and return to pan. Add coconut milk and shrimp paste, reheat. Season to taste. Serve with chopped coriander or parsley, if desired.

## PUMPKIN MUFFINS

If you have leftover pumpkin, these are quick to make and always delicious. Try using pecans instead of walnuts, or adding rasins and nutmeg for a change.

- 220 g pumpkin puree
- 220 g wholemeal flour
- 2 tsp baking powder
- 1/2 tsp cinnamon
- 100 g sugar
- 1/2 cup walnuts, chopped
- 1 egg
- 1/2 cup buttermilk or yoghurt
- 1/2 cup canola oil

Grease 12 muffin tins with oil and heat oven to 180° C. Sift and mix together dry ingredients. Mix pumpkin, buttermilk, oil and egg. Quickly beat this mixture into dry ingredients and spoon into muffin tins. Bake for 20 to 25 minutes until muffins spring back when pressed. Cool on a wire rack.

## ROAST PUMPKIN AND POTATO

This is a favourite in any household. It makes a great accompaniment to any main dish and only takes moments to prepare.

- 500 g potatoes, peeled and cubed
- 500 g pumpkin, peeled, de-seeded and cubed

- 1 tbsp rosemary, fresh, chopped
- salt and pepper, to taste
- 4 tbsp olive oil

Place potatoes, pumpkin and rosemary in a bowl with half the olive oil. Mix well. Heat oven to 220° C. Place remaining oil in large, shallow baking dish and warm in oven. Once oil is hot, add vegetables and seasoning, bake in oven using a spatula to turn the vegies every 20 minutes or so until cooked, usually around 50 minutes.

## PUMPKIN AND LEEK BAKE

This is one of those comforting dishes that can be adapted to whatever vegies are in season. Add chick peas or tofu if you're after some extra protein.

- 3 – 4 leeks, sliced
- 500 g pumpkin, peeled, de-seeded and cubed
- 1 tbsp olive oil
- 1 cup tomato sauce (optional)
- 1 tsp tarragon, chopped
- 1 tbsp parsley, chopped
- salt and pepper to taste
- 1/2 cup breadcrumbs, fresh, wholemeal
- 1/4 cup parmesan, grated

Heat oven to 180° C. Oil large baking dish. Mix leeks, pumpkin, olive oil, tomato sauce, tarragon, salt and pepper. Bake for 40 minutes, stirring occasionally. Mix breadcrumbs and cheese and scatter over vegetables with a little oil. Bake for a further 15 minutes until breadcrumbs are golden, or place under grill. ☘



# Making Herb Mustards

by Irene (Possum) Rosser, Hughendon, Qld.

**Use bought seeds or grow your own to make unique mustards that add zest to winter cooking.**

A basic recipe can be used with any herb or herb combination to give a very pleasing result. Properly prepared mustard will keep indefinitely. It will not grow mould, mildew or bacteria. It may oxidise (go dark on the surface), but this does not indicate that it is bad. Adding a small amount of wine or wine vinegar and mixing can restore it.

## **BASIC HERB MUSTARD RECIPE**

2 tbsp black mustard seeds  
2 tbsp yellow mustard (or white) seeds  
6 tbsp plain flour  
1 tsp celery salt  
5 tbsp your choice of herb  
 $\frac{1}{2}$  cup oil  
 $\frac{1}{2}$  –  $\frac{3}{4}$  cup cider vinegar  
1 tbsp honey

2 tsp sweet sherry

Partially grind the mustard seeds using a blender. Add all the other ingredients and blend until well emulsified. Add more vinegar if necessary to obtain a smooth consistency (it will thicken over time). Bottle mustard into sterile jars and age as per hints. My favourite herbs for this recipe are winter tarragon, bush basil, soft green peppercorns and rosemary.

## **HELPFUL HINTS**

- Volatile oils are released on crushing or grinding and are at their most pungent.
- The combination of black and yellow seeds gives both pungency and body.
- The outer husk of the seeds con-



tains mucilage (this helps with the emulsifying).

- Age at room temperature (in a dark cupboard) for flavours to blend for at least two weeks. Then refrigerate when the right level of pungency has been obtained.

- When using prepared mustards in cooking and you require pungency, add the mustard at the end of the cooking time and keep heat low.

Reprinted from *The Herb Age*, Dec 2000, the magazine of the Herb Society of Victoria Inc. For information about the Society and its activities write to: PO Box 396, Camberwell 3124. 🌿

# Mix Up A Mustard

by Lillian Barry, Glenorie, NSW.

In the midst of dreary weather, simple things can provide enormous comfort and cheer. The ultimate comfort for many of us is lazing in front of an open fire with a hot chocolate and cosy slippers. However, most of us are not able to indulge this fantasy too often and must resort to more mundane forms of comfort, such as re-adjusting the gauge on the car heater on the way to work, or pulling on an extra pair of woolly socks when doing the daily chores. Steaming bowls of homemade soup are often replaced with prepackaged mugs of soup, and slow-cooking casseroles usurped by frozen microwaveable lasagnes.

To add some warmth to our meals during the cold winter months without spending hours over the stove might seem an impossible task. However, for those of us who like a boost of flavour,

as well as warmth, in our winter foods, mustard is a quick solution. It is easy to prepare, lasts for ages and no freezing, drying or microwaving is necessary.

There are various types of mustard pastes, ranging from mildly flavoured to hot and pungent. The colour of the mustard seeds determines the intensity of the heat – white being mild, brown or yellow being stronger and black being hot and pungent. Often, a mix of all three is used, particularly in whole-grain mustard mixes. The texture can range from grainy, using whole or partially crushed seeds, to smooth, where the seeds have been crushed to a fine powder. Mustard seeds can be purchased in bulk from health food stores or good supermarkets.

To add different textures and flavour to mustards, ingredients such as honey,

white wine vinegar, sesame seeds, grated raw ginger and herbs can be added. Tarragon is one of the most commonly used herbs added to mustard, but there are no hard and fast rules. Often, whatever you have growing at the time can be used in your mustard mix. As tarragon dies down in winter, perennial herbs that stay green during the cold months can be substituted. Herbs such as lemon thyme, rosemary, even lavender, are good standbys. In fact, specks of purple lavender among the mustard mix add not only a unique flavour, but also a lovely colour contrast, especially if you serve it up to unsuspecting guests or family members!

Mustard goes well with lots of foods, not just corned beef. Spread a grainy textured mix over your lamb roast during baking. Bake potatoes in

their skins, scoop out the white flesh and mix in a spoonful of your favourite mustard, reheat and serve. Add mustard to commercial bread mixes for a unique flavour blend. Swirl it through some sour cream before dolloping onto pumpkin soup. Toss through steamed green beans, or simply spread it on thick crusty bread before adding your favourite salad filling.

Making your own mustard mix allows you to experiment with lots of different flavour combinations. If you don't wish to make your own mix from scratch, a good purchased mustard mix, such as Dijon, can be varied by adding your own fresh herbs.

To make a basic grainy mustard mix take (if less quantity is desired, halve the mixture):

- 1 1/2 cups yellow mustard seeds
- 1 cup white wine vinegar
- 2 tbsp chopped fresh herb (rosemary/lemon thyme)
- 1 cup olive oil
- 2 tbsp sugar

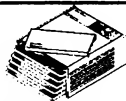
Grind the mustard seeds in a mortar and pestle (or food processor) to the desired texture. Add the vinegar and soak for approximately 12 hours. Add other ingredients and combine. Spoon into small sterilised jars and allow to mature for a couple of weeks. If the mix is too stiff, just add a little extra vinegar.

This is a good project as it allows you to do it in stages, from choosing and picking the herbs, grinding the seeds, allowing them to soak, and finally packaging your very own mustard mix. Now it's time to laze in front of the fire, guilt free! Enjoy. 🍷



**Excalibur®**

### Food Dehydrator



Veggies~Meat/fish~Fruit leathers~Raising bread~Making yoghurt~Arts/crafts~Flowers  
Features include horizontal airflow; large capacity interior; adjustable thermostat.

\* Model 2900: 9 tray

Dries up to 18 kg per day

\* Model 2500: 5 tray

Dries up to 11 kg per day

For more info & brochure:

**Excalibur Box 203, Tolga, 4882**

**Ph/Fax: 07-4093-3754**

**Email: srocca@ledanet.com.au**

**www.excaliburaust.com**

Channel Road, Walkamin Qld 4872

# Exotic Fruits That Work

by Susan Hands, On The Road.

During the eighties a number of exotic fruits gained immediate popularity in North Queensland. It seems we went in headfirst, trying this one, trying that one; due, I suppose, to never being able to grow apples, peaches, pears etc. Sure, tropical apples, nectarines and others have been tried and are in some places successful, only they bear no resemblance to the sizes grown in the subtropical zones and have to be constantly sprayed – a no-no for a lot of gardeners.

## ABIU

One of the Amazon imports, the abiu (*Pouteria caimito*) makes a beautiful backyard tree though it is not marketed to any extent yet.

## Propagation

Easy to grow from seed. Can also be purchased as a graft. Usually crops twice in the main harvest season between September and January. Requires only light pruning to keep main branches strong.

## Growth

The abiu is fast growing. Seedlings fruit in two to three years, though shorter times have been recorded. It prefers a warm, sunny position and needs some wind protection when young. Reaches a height of eight metres if allowed, though it is usual to keep backyard plants at about four metres high.

## Problems

Fruit fly may occasionally be a pest. However, we find the major problem is that the fruits ripen all at once and cannot be frozen.

This is a truly beautiful eating fruit the size of an orange with a creamy melt-in-your-mouth flesh. Perfectly delicious as a dessert with icecream, custard, or with just a sprinkle of fruit juice.

## JABOTICABA

A number of these exotics proved far too large for the average backyard, but the jaboticaba (*Murciaria cauliflora*) grows to a height of about three metres and is not considered too large.

## Propagation

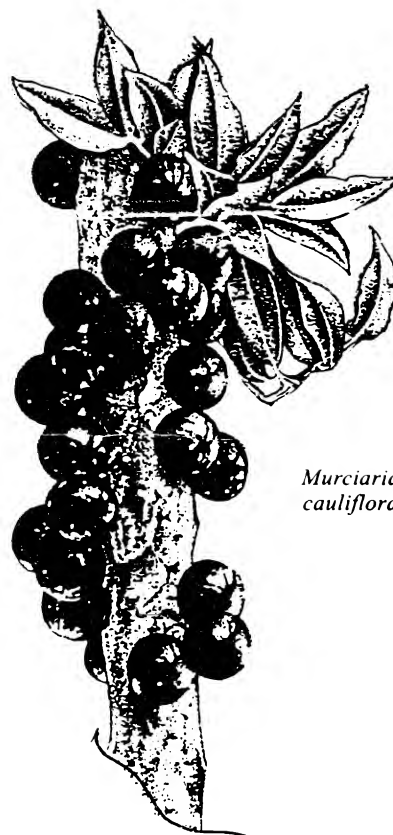
Difficult to air-layer or graft, but this presents no problem because the seeds are extremely reliable when placed in well-drained mulched soil. Can crop three or four times a year and the seeds are viable on every cropping.

## Growth

Growth is slow. It takes ten years to produce fruit and needs added iron for good growth. It performs best in a warm, sunny position and likes constant water.

The jaboticaba is an extremely pretty compact small tree with reddish-pink flushes of new growth and beautiful purple fruit which grow directly from the actual trunk and main branches of the tree.

The cherry-size fruit can be picked and eaten by the handful, or seeded and made into jam, jellies, syrups, fruit juices or wine.



*Murciaria cauliflora*

# RECYCLING RUNS RIOT

## More Terrific Tyre Uses

by Roberino, Arrawarra Beach, NSW.

Those old tyres have endless uses. Last time I told you how to join them into stacks to make emergency water tanks, but there's more than one use for a stack of old tyres. Try some of these.

### PLANT TUBS

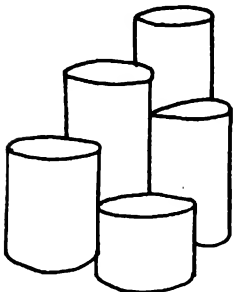
Once you've made the containers to whatever height you desire you can decorate the outside with all sorts of textured concrete and paint. Concrete additives will help the concrete stick to the rubber.

Friends of mine have used these as garden beds for years and swear by them. If you've got poor shale or clay soil, you can fill up the tyres with good soil and you also get good drainage. I thought they looked a bit daggy at least, and more or less ignored them.

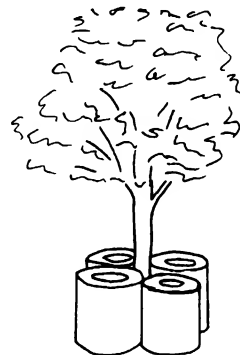
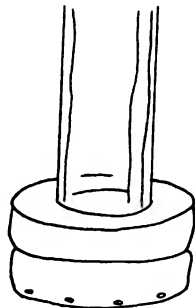
Recently, I saw some which had been beautified by gluing random-shaped slate pieces and painting in between. The owner said she used a small blob of 'stud glue' that's used to fix gyprock wall sheets to the studs and noggin of timber framed walls. The slate pieces had been found dumped in the local industrial estate. Any number of alternatives to the slate could be used, it just depends on what's available locally at little or no cost.

### Horticultural Tyres

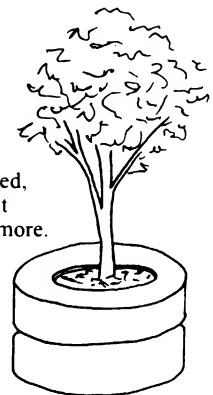
Garden landscaping sculptures or 'installations' add interest.



Old favourites: beans, potatoes, tomatoes and pumpkins can be grown in a tyre vegie garden. Drill drain holes.

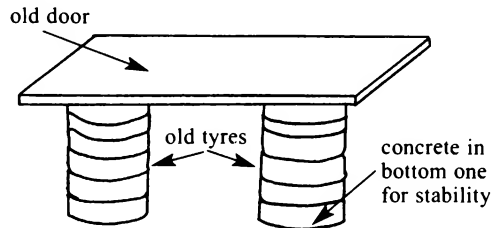


Tree protection from cattle, taller ones good wildlife refuges. No need to waterproof these ones maybe.



Stuccoed and painted, the plant tubs won't look like tyres anymore.

### Temporary Bush Work Bench



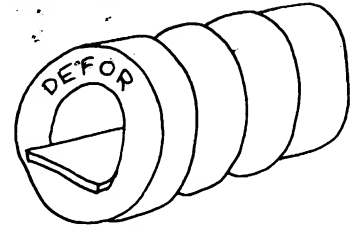
Glue all components together with Liquid Nails or Maxbond. Allow four days to dry.

Plant containers can be stacked at different heights and have flat galvanised sheets of iron at any level so that the soil depth is not too great.

### TABLE OR WORK BENCH

A quick way to make a table is to stack four or more old car tyres in two piles beside each other and place an old table top or door on top. I've used these easily moved tables in the garage as work benches when I've needed extra bench space. They are also handy for fêtes and markets, for kids' parties (lower) and seats (lower again). If you want to use them more permanently or decoratively, a good scrub with detergent and a stiff brush, then, when they are perfectly dry, you could paint them in any colour you like with water-based acrylic paint.

### Maybe a Kennel



Use a tyre size appropriate to the size of the dog.

### STORAGE BINS

You can also store things inside a pile of tyres, such as garden tools, buckets, and unsightly things you rarely use around the place. An old garbage bin lid on top will complete your hideaway. They can be used to store chook food as rats and mice would be baffled by the tough tyres.

### DOG KENNEL

Make a dog kennel from a tyre stack by lying it on its side. Use a size of tyre appropriate to the type of dog. Place a piece of wooden plank along the inside bottom of the kennel as a floor. Stabilise the stack in some way to prevent it rolling away with Fido inside. Paint it white to reflect heat and locate it in the shade.

## BRIDGES

I just know many readers on the land will love this idea for a small farm bridge. It's cheap, easy to make and looks like a bit of pop art. I can imagine some people painting the tyres like an eye painted on the bows of Mediterranean fishing boats, or others painting them a dull grey or green; everyone will be different.

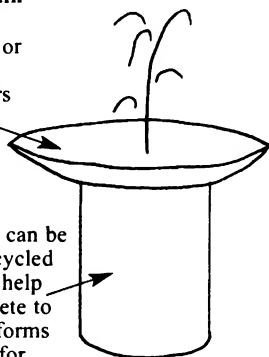
## MISCELLANEOUS USES

Other uses are as feed or water troughs for animals, a garden fountain, or even a temporary outdoor dunny. ♻️

### Garden Fountain

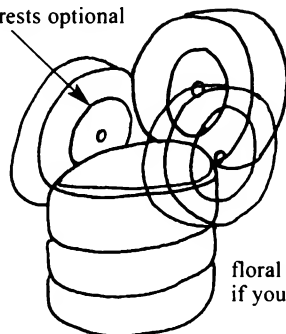
big plough disc or dished concrete from landscapers

Stucco concrete can be painted. Use recycled chicken wire to help fasten the concrete to the tyres. Base forms water reservoir for fountain/bird bath.



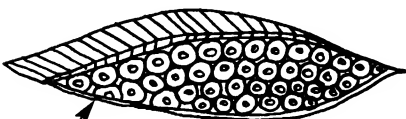
### The Commodore Chair

armrests optional



floral covers if you must

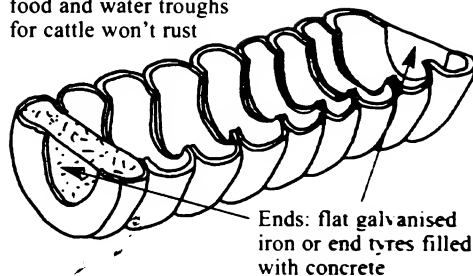
### Tyre Bridge



Tyres form support for timber decking, and allow water to run through.

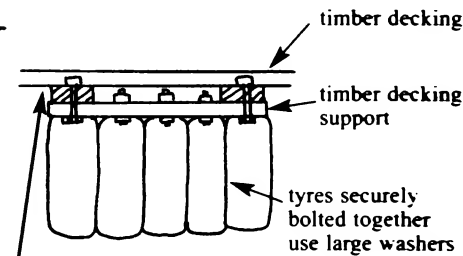
### Feed Trough

food and water troughs for cattle won't rust



Ends: flat galvanised iron or end tyres filled with concrete

When cutting tyres wear eye protection. Work well away from kids and animals. The high tensile wire under the tread can be shot a long way using power tools.



Robust stringer – use a hardy outdoor timber. Note: Not a vehicular bridge: pedestrian only.

## New Organic Guide

### Now Available

Grass Roots has just published a comprehensive organic food guide. Restaurants, greengrocers, butchers, home delivery - nationally.

A vital shopping tool

**Only \$19.95**

See page 82 for ordering details.

apples, bananas, cherries, dandelion, endive, figs, herbs, hummus, soyabeans, tea, soap, macadamias, garlic, chillies, lemon grass, pasta, cauliflours, roses, broccoli, peas, rocket, lettuce, bokchoy, avocados, tomatoes, herbal extracts, massage oils, potatoes, carrots, cheese, jams, sauces, eggs, honey and more .....

**For ALL  
your organic certification needs\***

**join OHGA  
the friendly certifier**

PO Box 6171, South Lismore NSW 2480

tel: 02-6622-0100 fax: 02-6622-0900

email: [ohga@nrg.com.au](mailto:ohga@nrg.com.au)

[www.organicherbs.org](http://www.organicherbs.org)

Cellulose Valley, Southern Cross Uni, East Lismore 2480

\* the small print: no levies charged on your sales

AQIS & JAS  
accredited



## THE BANQUET SLOW COMBUSTION COOKER

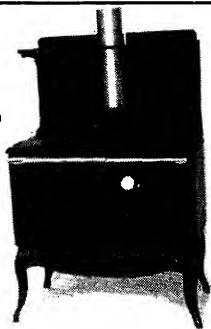
- Solid cast iron durability.
- Domestic hot water boiler.
- Overnight Burning.
- Large Oven & Firebox.

**5 Year Guarantee!**

Please contact us for Brochures  
& Nearest Dealer at.

**Scandia Stoves & BBQ's**

Lot 1 Melbourne Cres or  
PO Box 372 Seymour Vic 3660  
Tel: 03-5792-2388  
[scandiastoves@bigpond.com](mailto:scandiastoves@bigpond.com)



**Proudly Made  
In Australia**

# Bonzer Bees

by Ron Goldsmith, Aspendale, Vic.

'I began to search for an alternative crop that I could grow and store and then market at my convenience,' GR 146 page 7. Seeing this prompted me to write about the benefits of beekeeping. It is a fascinating interest that can be anything you want it to be in the GR context.

## POLLINATION

If you grow vegetables and fruit trees or are involved in seed production, your yield is multiplied significantly by bee pollination. Honey keeps for ages, making its sale less urgent than is the case for fruit and vegetables. Honey is a cash crop and handy for bartering.

You can have a hive or two in the backyard. You can be a sideline with a couple of dozen hives, or a full-time beekeeper trucking hundreds of bee hives all over the countryside gathering honey and providing a pollination service. If you don't want bees of your own you can ask a beekeeper to place some hives on your property to get the pollination benefits. You are usually given honey for the use of your property.

## HONEY

When you eat some honey it provides you with energy almost straight away, whereas sugar and most other foods take time. For this reason honey is recommended for babies' immature digestive systems and for sportspeople needing instant energy. You might like to try eating some honey a short time before you play an active sport and assess whether it has any beneficial effect.

Science has established that honey has strong antiseptic properties. It has been shown to aid the healing of cuts, boils and ulcers. Many types of bacteria which cause disease in humans cannot live in honey. Honey is commonly used in cough mixture because of its antiseptic and soothing qualities. Honey used in bread, cakes and biscuits imparts flavour and helps keep the food moist and fresh tasting.



A hive or two in the backyard will provide a pollination service for flowers and crops.



Bees provide us with honey and beeswax, both of which valuable harvests have multiple uses.



## BEESWAX

Bees also provide beeswax, the most common use of which is in cosmetics. Hand creams, lipsticks, face make-up, hair creams, cold creams and ointments all contain beeswax. Good quality furniture polish also has beeswax as a main ingredient, and, of course, beeswax candles are used in churches. Many folk also make beeswax candles to use in the home.

## POLLEN

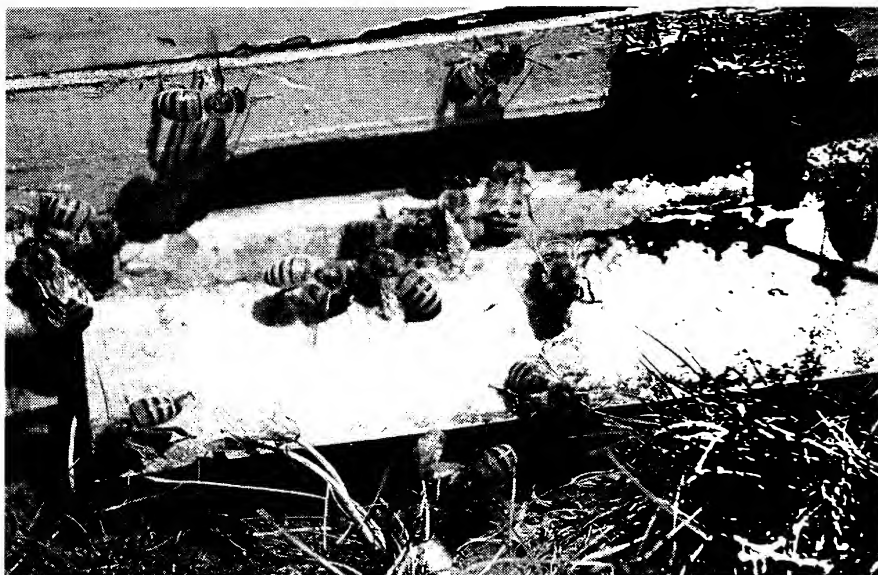
Another bee product, pollen is highly nutritious, containing vitamins and proteins. It is sold as dried granules in health food shops and eaten sprinkled over cereal.

## BEEHIVES BEHIND THE SHED

When I first moved here, there were miles of paddocks with horses and cattle, swampland, and Crown land backing onto the back fence. I had up to twenty hives which averaged 45 kilo-



A bee collecting nectar from a horehound flower.



Worker bees entering and leaving the hive.

grams of honey per hive a year. Then all changed, with the land being developed into housing estates and the swampland created into parkland, lakes and bird sanctuaries.

Although it is very nice living here, it is not suitable for a GR way of life. I still have a couple of beehives tucked away behind the shed but, I imagine, when the neighbours find out I can expect a council order to move them. So, if there is anyone who would like a beehive or two on their property please contact me via the Paws in Print Bookstore (see advertisement in Grassifieds). ♀

This is only a thumbnail sketch of the benefits of beekeeping. If keeping bees appeals to you, the Department of Agriculture in each state has a beekeeping section that can guide you into the wondrous world of the bee.

### BEESWAX COLD CREAM

A simple beeswax recipe for cold cream, from around 130 AD and perfected by Galen, a physician to the Roman Emperor, was one part beeswax mixed with three parts olive oil containing crushed rose petals. These ingredients were melted together, allowed to cool and then as much water as possible was beaten in to form a cream that was found to have a cooling effect when applied to the skin. This product did not keep very well and for this reason in the eighteenth century the olive oil was replaced by almond oil. Today mineral oils are more commonly used as they store well and are cheaper. (*Bees & Honey*, Joy Lau)

## LP GAS REFRIGERATORS LP GAS FREEZERS

Modern Economical Refrigerators and Freezers for Domestic Application.

**230-litre Refrigerator Freezer  
160- & 240-litre Chest Freezers**

Phone for your nearest distributor

Vic/Tas/NT/WA 03-9437-0737  
SA 08-8527-2106

Qld 07-5593-4066 NSW 02-9681-4365.

DP Refrigeration, 3 Contour Close, Research Victoria 3037



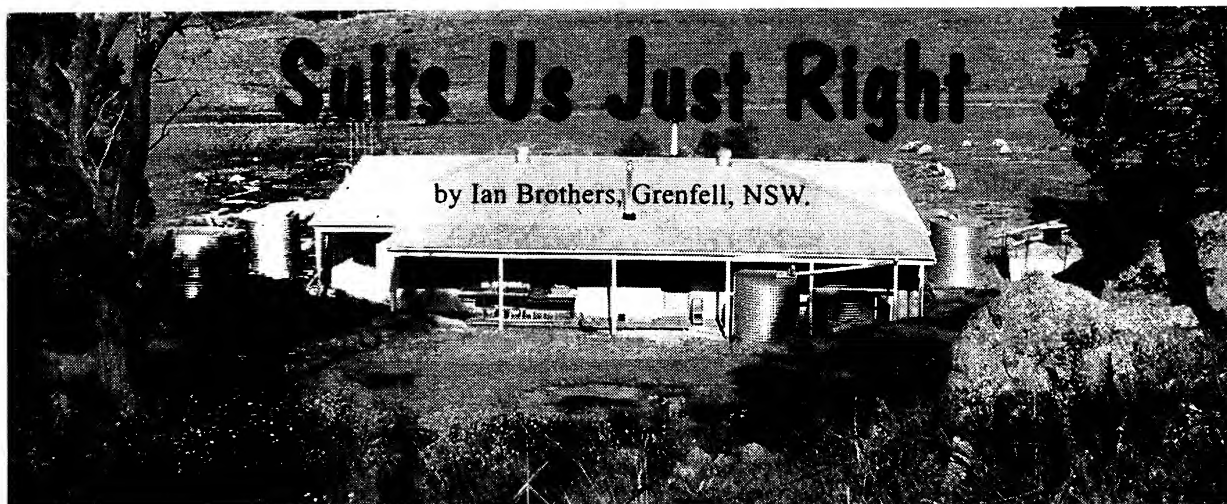
### PERMACULTURE DESIGN COURSES

With Rick & Naomi Coleman Dip Pc  
Residential 13 day course on established site  
with internationally recognised teachers  
7710 Bass Hwy, Leongatha, Victoria

November 15th – 30th, 2002 (Next PDC March 2003)

Call Naomi for a brochure on 03-5664-3301  
or email [scpi@tpg.com.au](mailto:scpi@tpg.com.au)

Cost \$795 includes morning teas and lunches. Free camping.  
Work exchange available. First 10 people get free Mollison book. 10% discount for couples. Half price offer if you've done a PDC before.



I've lived 20 kilometres north of the erstwhile gold mining town of Grenfell for 11 years on a 517-acre farm/bush-block. Merino and South Suffolk sheep were a source of income until the wool market crashed and I became aware of the environmental damage the sheep were causing. Since the stock have gone the place is regenerating beautifully, with thousands of wattle, pine, casuarina and eucalypt seedlings and saplings showing themselves.

My two boys have grown and left home to pursue careers. The wife left too, unable to settle in my idea of rural bliss. My new partner, Sonia (met via GR contacts), is lovely, loving, and loves the place. The property was subdivided, we built a new home on my half, and are gradually setting up permaculture-based food production systems and planning a large almond orchard, mixed with other useful tree and shrub species. Most of the property (now 300 acres) will be left to regeneration of the bush, with its kangaroos, wallabies, birds, reptiles, amphibians and invertebrate species. Life is good. It is so quiet and peaceful here, the bird calls adding their therapeutic music. Even though the nearest neighbour is four kilometres away, we don't ever feel isolated or bored. There is so much to do on our block and around the district.

Gold boom days of the area are gone, but artifacts, folklore, and mine shafts remain as clues to a rich history. Grenfell town nestles among wooded hills, farmland, national parks and state forests. It has heaps of quaint, emotive architecture of days gone by. Grenfell was named after John Grenfell, gold commissioner, killed by bushrangers.

He refused to bail up and was shot while returning their fire. Ben Hall, bushranger, came from this area. Famous writer and poet, Henry Lawson, was born on Grenfell gold-fields. A big annual arts festival of writing, poetry, painting, sculpture, pottery, and dramatic productions, with all sorts of peripheral activities, celebrates Henry's memory.

Town population is 2300, shire population is 4500+, incorporating five villages: Bumbaldry, Greenthorpe, Bimbi, Quandialla, Caragabel. The population is small enough to maintain its friendly, caring and supportive nature. It is large enough to attract all necessary amenities/services. We are central to the larger towns of Forbes, Parkes, Cowra and Young, and accessible to major centres of Orange, Bathurst and Wagga Wagga. Canberra is a pleasant three-hour drive. Wyangala Dam and the Lachlan River are not far for fishing, boating and camping activities.

Grenfell is big on a large number of sports, with good facilities to play them, plus social and intertown competitions. Many different social groups cater for all tastes. Examples are: music club, town and school bands, dramatic society, writers' group, Probus, bingo, Guides/Scouts, historic society, masonic lodge, various churches with attached groups, Toastmasters, bushwalkers, picnic race club, guinea pig race club, CWA, RSL, Red Cross, Gunyah Craft Group, artists.

This is a stable, family-orientated area. There are great schools – preschool, two primary schools, high school. We have our own newspaper, library, hospital, ambulances, aged care,

three doctors, legal practitioners and courthouse, police, SES, fire brigades, mechanics, banks, ATM, soil conservation service, motel, five hotels, restaurants, bowling and country club complexes.

Grenfell is generally safe from weather extremes and dangers from natural phenomena. The 600-millimetre rainfall average is spread evenly over the months. This is a centre for grain production and grazing enterprises. Tourism is actively promoted (but I'd prefer we kept the place jealously to ourselves in some respects).

The council is progressive, but very understanding and approachable. Property is affordable. Town homes from \$30,000. Bush blocks and small farms are available and priced according to location and infrastructure. Cheaper homes and blocks are available in and around outlying villages.

For travellers, the area is central for travelling to points around Australia by road, or plane from larger towns. Every place has its appeals and disadvantages. This place suits us just right. Disadvantages? Some months can get a bit hot, but the nights are generally cool. We must maintain motor vehicles as we both teach – me in Grenfell, Sonia at Young (cherry capital of NSW). There is a great bus company here which runs tours, but, apart from the coach for State Rail, there is no public transport to other towns. Petrol prices are high, despite government enquiries, and there is less choice of products and entertainment of certain sorts locally. Small prices to pay to get away from stressful, polluted major places with all their social problems. ☘

# CHESTNUTS

Chestnuts are versatile and easy to use. They are freshly available during autumn and winter, and can now be found in the supermarket peeled and frozen throughout the year. Chestnuts are low in fat and a good source of proteins, vitamins and carbohydrates. Australian chestnuts are produced without the use of chemical insecticides and are free of the pests found in Asian and European chestnuts.

When selecting chestnuts, look for firm nuts as these will be freshest. They should be uniform in size with undamaged shells.

Fresh chestnuts can be stored in a paper bag or perforated plastic bag in the crisper drawer of a refrigerator for up to a month. Shelled and cooked nuts should be covered, refrigerated and used within three to four days. Whole, chopped or puréed chestnuts can be frozen in an airtight container for up to nine months.

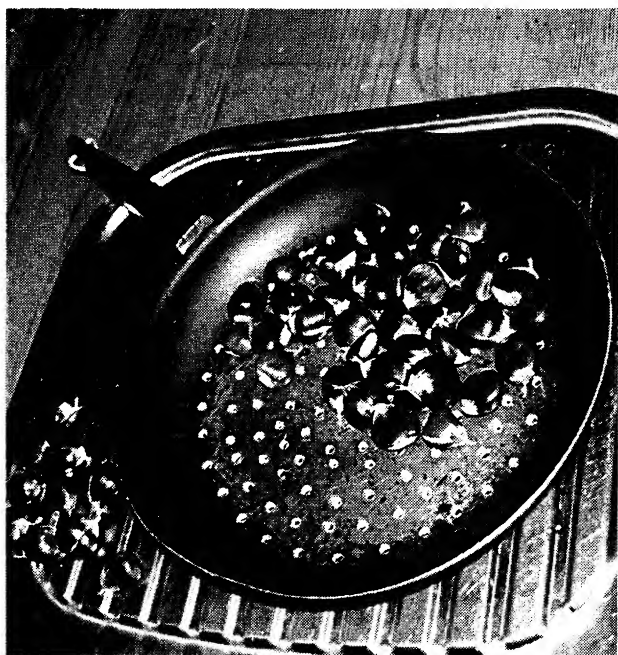
Before cooking, cut a cross in the outer shell of the chestnut using a sharp knife. They can be cooked in a variety of ways. Bake in a preheated oven (200° C) on a baking tray for 15 – 20 minutes. Alternatively, microwave on high for 4 – 6 minutes until flesh is



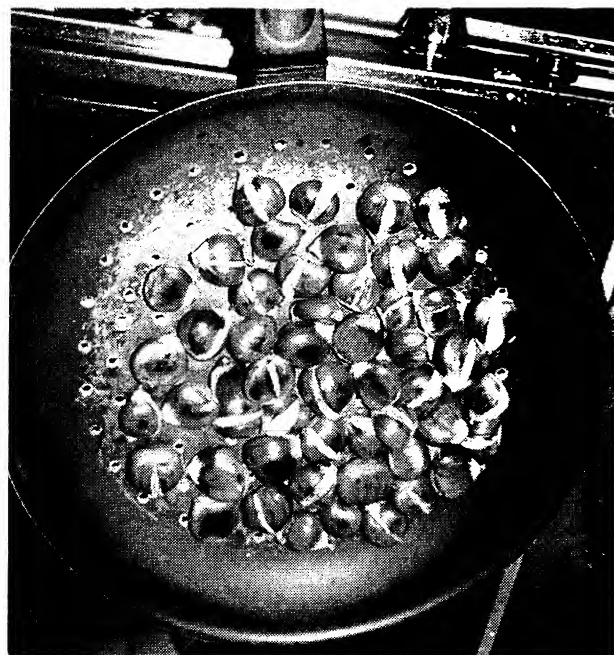
Carefully cut a cross in the outer shell of each nut before cooking to make peeling after cooking easier.

tender, or simmer (covered) for 15 – 20 minutes. To peel, wrap cooked chestnuts in a tea towel for a few minutes, then remove outer shell and inner brown skin (pellicle) while still warm – this is a lot more difficult when chestnuts are cold.

Chestnuts have a sweet, nutty flavour and are white and creamy when cooked, with a texture similar to a roast potato. Apart from being a snack, chestnuts can be used in many dishes such as stir-fries, salads, cakes and as a stuffing or purée. 🌿



Chestnuts can be cooked in a frying pan on the hot plate, shaking frequently to avoid burning.



Crosses in the shells also allow flesh to expand without exploding when heated.

# Local Seed Networks

by Michel Fanton, Byron Bay, NSW

There is a growing public awareness that the genetic make-up of garden food plants is unique and irreplaceable. Australian gardens contain a largely unfathomed and uncharted diversity that deserves to be conserved as it is: unmanipulated. The many backyard varieties have acquired a resilience to local conditions, pests and diseases. Now gardeners have joined hands to form local seed networks (LSNs) that ensure these locally adapted seeds are kept safely in many biodiverse gardens at the local level.

Seed Savers started recording LSNs in August last year and now has 24 such networks listed, with a new one coming in on average every three weeks. See next page for the current list.

## WHAT IS A LOCAL SEED NETWORK?

A local seed network is a group of gardening friends willing to share some of the seed they save with other local gardeners. The group can be 'grafted' onto a local association, be it organic, garden, soil, or school; or started with groups of friends. It can be as small or as large as you like. There are no ethnic, age, social, or experience barriers. The more diverse a group the more likely a rich exchange will occur. Seed swapping can be informal at meetings and field days, or records can be kept centrally and even a seed bank established. In this case you would need to record in exercise books (or on a computer) seeds and other planting material on offer, their location, along with the date of availability.

We very much value news from seed savers generally and particularly from seed savers who have started a local seed network. Please share with us how you have started your LSN and how you run your activities. It will help us to complete and update a resource kit that is available to all who are running or just starting an LSN. The updated kit will include how to publicise what you are doing, a list of suggested activities,



Michel in the Seed Savers' garden at Byron Bay. The best way of conserving garden biodiversity is with plants growing in the backyard and seeds collected, saved and shared.

a curriculum for courses, models on how to record plants and people who have joined you, and posters.

When you form your LSN we direct enquiries that have come from your region back to you. We also send seeds of varieties that have originated in your region or shire.

Your information is published in the LSN section of the newsletter and on a special page on the Seed Savers' website: [www.seed-savers.net](http://www.seed-savers.net) It will inspire and encourage other people thinking of starting an LSN. It will give confidence to those who, like you, have started to meet and exchange plant material in their town or suburbs.

I have found it personally very rewarding to establish a seed network over the last 16 years. Hearing stories about other groups and other individuals taking responsibility encourages

Jude and me to strengthen the work we are doing.

## MORE THAN SEEDS

A local seed network is about more than seeds. The knowledge that goes with home gardening is all important. The LSN should list members of the group along with who is keeping a particular variety, whether they have the seeds in a jar or plants in their gardens. The location of rare, edible, fibre or otherwise useful trees can also be recorded. Swapping material does not stop at seeds, but includes cuttings (cassava, sweet potatoes, many culinary herbs), crowns (asparagus), slips or suckers (artichokes, pineapples), bulbs (garlic or onion sets), root divisions (rhubarb), rhizomes (the ginger family), and even scions of fruit trees for those who have learnt grafting and



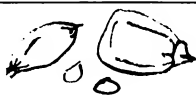
budding. These are best exchanged at the local level rather than from one end of the country to the other. Having said that, when each group has a list of seeds available they can exchange with other LSNs in their region or beyond through the Seed Savers' newsletter and website. It is not an absolute necessity for the LSN to have a central seed bank – this can give a false sense of security. In fact, it might be preferable that members of LSNs keep some of their seeds in their own homes and make the rest available to the group. If you dry your seeds well and store them in a fridge or freezer, so much the better as a back-up, but seeds need to be kept in people's networks rather than stashed away as in gene banks. By far the best method to keep a variety alive is to pass it on to other gardeners under instructions to try their best at growing it and saving seed from it.

Rotating garden visits often end up as 'show and tell' exercises. Everyone wins and leaves richer than when they arrived. The activities of an LSN do not stop at that. They have a crucial role to play in local schools and garden clubs.

## SEED LISTS

When a group has compiled a list of seeds, Seed Savers can publish it, along with news of what is happening in the group, successes, and a profile of interesting varieties.

If you are thinking of starting an LSN, please call Seed Savers on 02-6685-7560, or email: [info@seed-savers.net](mailto:info@seed-savers.net) If you are willing, you can update your page yourself with our easy online publishing facility that Social Change Online, an Internet company, has set up for us on a pro bono basis on: [www.seedsavers.net](http://www.seedsavers.net)



## CONTACTS



### LIST OF LOCAL SEED NETWORKS

Banora Point Seed Savers, 07-5593-8820.  
 Beelarong Community Farm Seed Savers, 07-3899 0912.  
 Bendigo Gravel Hill Community Gardens, 0419-472-835.  
 Canberra Organic Growers, 02-6284-4238.  
 Childers Area Seed Savers, 07-4126-6428.  
 Coffs Regional Organic Producers, 02-6651-6880.  
 Dryland PC Seed Savers, 08-9938-1628.  
 Egoaa Seed Savers, [prickle@net-tech.com.au](mailto:prickle@net-tech.com.au)  
 Gathering of Organic Friends (GOOF), Clarence Valley, 02-6647-3274.  
 Heritage Seed Savers Lorinna, 03-6363-5044.  
 Hobart Seed Savers, 03-6227-8401.  
 Macleay Valley Seed Savers, Hastings, 02-6656-8399.  
 Maitland Outreach Community Gardens, 02-4959-9411.  
 Mt Tamborine Seed Savers, 07-5545-0926.  
 Mudgee District Seed Savers, 02-6372-6801.  
 Murrumbidgee Riverina Heritage, 02-6968-4645.  
 Nambucca Shire Seed Savers, [melina@tsn.cc](mailto:melina@tsn.cc)  
 Permaculture Association of WA, 08-9381-6156.  
 Permaculture Noosa Seed Savers, 07-5442-2226.  
 Permaculture Southern Highlands Seed Savers, 02-4877-1127 or 02-4883-4399.  
 South Australian Seed Savers, 08-8298-5664.  
 Southern Cross Seed Savers, 03-9583-8483.  
 South West Local Seed Savers, [keithdavispcd@bigpond.com.au](mailto:keithdavispcd@bigpond.com.au)  
 Toowoomba Organic Garden, 07-4632-5504.

### COMMERCIALY AVAILABLE OPEN-POLLINATED SEEDS

Bay Seed Garden, 08-9752-2513.  
 Diggers Seeds, 03-5987-1877.  
 Eden Seeds, 07-5486-5230.  
 Green Harvest, 07-5494-4676.  
 Greenpatch Organic Seeds, 02-6551-9290.  
 Krempin Seeds, 02-6772-2341.  
 New Gippsland Seeds & Bulbs, 03-9737-9560.  
 Phoenix Seeds, 03-6267-9663.  
 Seed Savers' Network, 02-6685-6624 or 02-6685-7650.

**BOOKS** on Useful  
 Plants, Fruits, Nuts, Tree  
 crops, Permaculture,  
 Organic growing, Farm Trees etc.



*Best selection in Australasia -  
 drawn from world-wide sources.  
 Efficient mail-order service,  
 contact us for free lists or  
 access our web site:*

<http://www.AOL.com.au/granny>

**Granny Smith's Bookshop**

Mail: PO Box 27 Subiaco WA 6008  
 Phone 08-9388 1965; Fax 08-9388 1852  
 e-mail: [granny@AOL.com.au](mailto:granny@AOL.com.au)  
 David Noel, 208 Nicholson Rd, Subiaco WA 6008.

## COLLOIDAL SILVER Nature's Antibiotic

**Effective against 650  
 Bacteria and Viruses  
 For Humans, Animals & Plants  
 Free Info pack on Colloidal  
 Silver & how to make it for free.**

**K.R.C. Health Solutions  
 PO Box 502,  
 Mermaid Beach Qld 4218**

**Ph: 07-5533-1160**

**[www.krchealth.com](http://www.krchealth.com)  
 email: [info@krchealth.com](mailto:info@krchealth.com)**

28 TAMBORINE ST. MERMAID BEACH 4218

## \$ Making Money \$ From Home \$

It's easy when you know how! And the best way to find out how is with the magazine **Australian Business & Money Making Opportunities**. Every issue is packed with information on business and money making opportunities (full or part time). It's sold from Newsagents across Australia and N.Z. and is found in the business section. To get a recent issue and details on 125 Australian Business Start-Up Guides send 4 x 45¢ stamps (covers p&h) with your name and address to:

AB, PO Box 5518, Dept GRM, South Windsor, NSW 2756.  
 We also produce the following guides: 101 Money Making Opportunities. How To Profit From Your Handicrafts & Hobbies. How To Start A Mail Order Business. Making Money From Flea Markets. Making Money With Your Camera. Making Money With Your Home Computer. Start Your Own Import/Export Business. How To Organise A Successful Home-Based Business. FREE DETAILS SENT ON REQUEST.

FAX: 02-4577-6942 or Visit our website at:

[www.profitcentre.com](http://www.profitcentre.com)

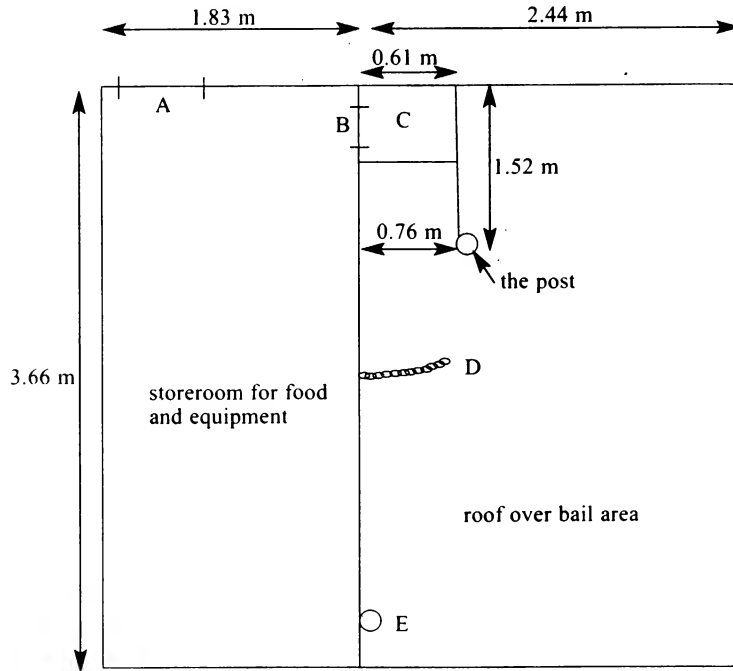
AAA Media Network, 3 Bradley Road, South Windsor, NSW 2756



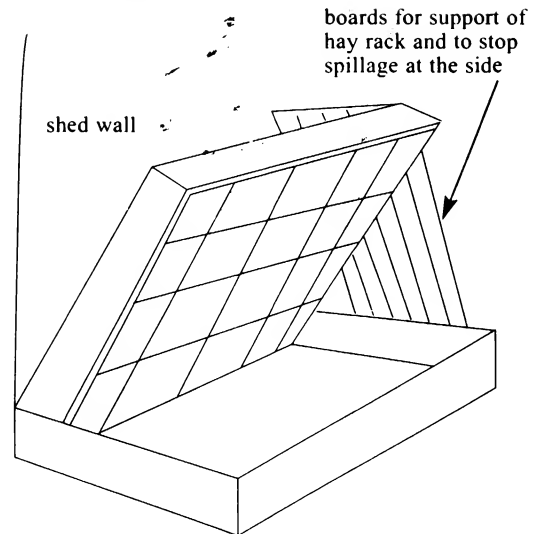
# Milking Bail System

by S Meindertsma, Mt Wilson, NSW.

I have made up a plan and explanation of the milking bail that I have constructed and used for a number of years.




Feed Trough



of the cow's head; in fact, if she can see you she might be less inclined to hit you in the face with a manure-covered tail. The headstall is in the cow crush area because it is important for the cow to associate the milking bail with only milking; other husbandry practices such as drenching and injections occur elsewhere. This might not always be possible, but is recommended.

From the trough to a post placed securely in the ground about 1.52 metres back up the bail you might have one or two rails to confine the cow to the wall. That post being 610 mm from the wall (a variable according to the type of cow). The part of the cow that you spend most of your time on will be just outside that 1.52 metres, but always measure your cow first – it might be smaller than average and you want to work beside that post and not around it.

## Chain (D)

The chain for going around behind the cow is attached securely to the shed wall about 1.83 metres from the wall that has the feed trough. Place a catch (  of this type) to attach it to that post. The chain must fit in this slot and be quite strong. Once the cow becomes familiar with you and the bail, it will

## COMPONENTS OF THE SYSTEM

### Access Door (A)

The access door to a storeroom for storage of food which is hay. Also a cabinet for any other small items such as drench gun and knife to cut open bags etc. An old 200-litre drum with the top cut out can be used to store the grain in so the rats and mice do not feed on it. Make sure you clean the drum thoroughly before using it for food storage.

### Small Door (B)

Small door (in my case 533 x 1016 mm) is placed so that food may be placed directly from the storeroom into the feed trough for the cow. Saves you carrying it any distance.

### Feed Trough (C)

The feed trough is made up of two parts, the hay rack and the feed bin for concentrate foods such as grain. The feed bin or trough is a shallow wooden box made for the job, 610 mm wide by

457 mm to the back and only a depth of 88 to 100 mm.

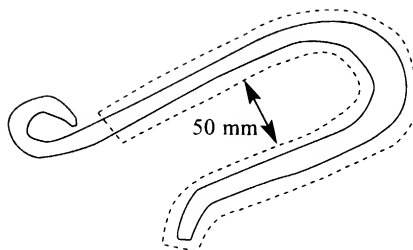
The hay rack is above this. It starts from the back of the feed trough and goes up at an angle between 45° and 60°. It is simply a wooden frame 610 mm x 760 mm with a piece of 200 x 200 mm weldmesh securely attached. The idea being that the hay is placed in the rack and the cow eats it by pulling pieces through the weldmesh. Any spillage falls into the trough and is cleaned up after. Be sure that the small door that you make in the storeroom for putting food in the feed trough is high enough so you can reach over and place a biscuit of hay into the rack.

The feed trough should be 610 mm to 760 mm high (above the floor), making the top of the hay rack 1.37 m high. On one side of the trough will be the food door and on the other side boards to stop wastage from the side. There is no need for a headstall to confine the movement

most likely eat contentedly while you milk and the chain will be unnecessary (size of steel in link approximately 1/4").

### Steel Ring (E)

Attach a large steel ring for a leg rope. Even a very quiet cow if it gets mastitis and has a tender udder might attempt to kick you, but that diseased quarter must be milked out so a leg rope is also necessary. The ring is 76 – 100 mm across and made of 1/2" steel and should also be mounted securely to the shed. Make a hook for catching the cow's leg out of a long 3/8" bolt and cover it with a piece of garden hose so it will not injure the cow. Have a piece of rope to attach it to the ring.



By making a hook you do not have to get the cow to stand still while you tie up its leg and then cut off the blood circulation to its foot.

### OTHER CONSIDERATIONS

- The bail area should have a con-

crete floor so that it can be hosed down for hygiene purposes.

- The bail area is inside a yard about 11 meters square that is the conjunction of two or three paddocks. This allows the cow to be separated easily from the calf and still get to the bail easily.

- The cow bail area only needs a roof to keep the rain off. Walls can be constructed, but could make the cow feel confined.

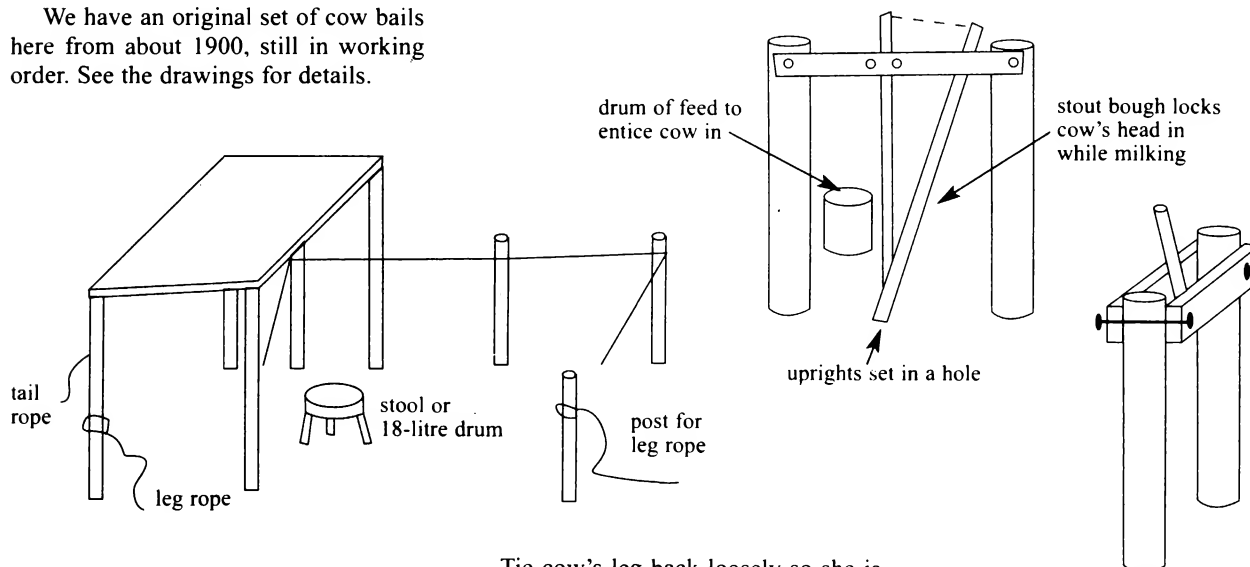
- This is not the Gospel, sizes may be varied to suit different needs.

- Here's hoping your cow never dirties your stall and keeps her foot out of the bucket. ☺

# Old-Fashioned Cow Bail

by Col Statham, Eulah Crk, NSW.

We have an original set of cow bails here from about 1900, still in working order. See the drawings for details.



Tie cow's leg back loosely so she is unable to kick the bucket. Also tie the tail back if desired. We also have a small shelter above because it can be difficult milking in the rain. The cow will stand still while milking, providing there is no discomfort or worry from other animals (such as dogs), or hurt to the teats. ☺

There were instructions for two different milking bails in GR 42. Other related articles in past issues were: making a mineral lick box, GR 104; handling stock, GR 85; leg roping, GR 58; and making a simple halter, GR 45.



## Australian Miniature Cattle

- The Affordable Alternative -  
FOR MILK, BEEF OR JUST PLAIN PETS



Donna & Hugh Anthony, Kyrhet Stage Co  
131 Old Coach Way, Yandina. Q. 4561.  
Ph: 07-5446-7049

Email: [kyrhet@bigpond.com.au](mailto:kyrhet@bigpond.com.au)

Website: <http://minicattle.virtualave.net>

# Stickfast Fleas On Poultry

by Megg Miller, Nagambie, Vic

**The latest in our series on safe parasite control from GR's resident poultry expert.**

You don't hear a lot about stickfast fleas, but they are a pest affecting poultry and once established on your property are difficult to eliminate. Expect to encounter them in summer in hot dry areas, especially WA. Adult fleas congregate on bare skin on fowls' faces and head parts as well as on unfeathered parts of turkeys and guinea fowl. Don't count on them restricting activities to poultry only – they're not that fussy, so can be found on cattle, goats and horses as well as household pets like dogs, cats and rabbits. Overseas, where they're called sticktight fleas, they infest a wider range of creatures, from foxes and squirrels through to numerous birds and even skunks and coyotes. They are a pest that's both highly adaptable and persistent.

## WHAT ARE STICKFAST FLEAS?

Being a flea, they are a member of the order Siphonaptera, and have no wings, but get around by jumping on long strong legs. The stickfast flea – *Echidnophaga gallinacea* – is most active in summer when favourable conditions enable them to complete their lifecycle in as short as four weeks. Adult flea numbers drop right back during the cold winter months, with both pupae and larvae remaining in litter until warm weather triggers the developmental process and adult fleas emerge.

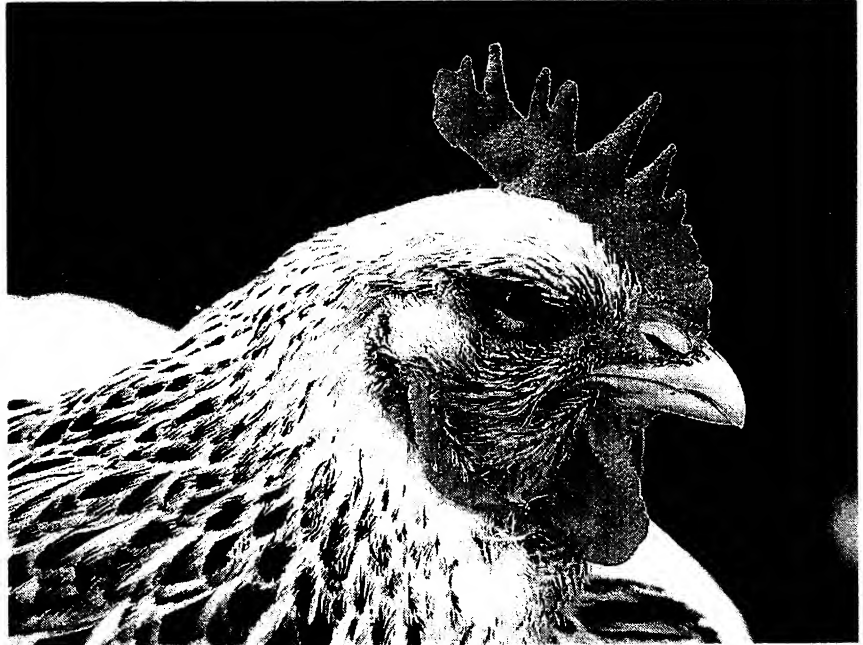
Stickfast infestations are easy to recognise, the fleas attaching themselves to combs and wattles or skin around the eyes or ear lobes. They're not much larger than a pinhead, brownish-black coloured, the females being a little larger and lighter coloured than the males.



*Echidnophaga gallinacea*

## LIFECYCLE EXPLAINED

The female stickfast flea has a much longer working life than her mate,



Fleas are pinhead size and attach themselves to combs, wattles and skin around the eyes or ears.

attaching herself to the host's skin, sucking its blood and laying eggs for a period of up to six weeks. The male flea mates and then lives only a few days. If females cannot find a host, they will also die after a couple of days.

The eggs laid by the female flea fall down onto the floor and into the litter, hatching as larvae seven to fourteen days later. They remain in the larval stage for two to three weeks, looking like tiny maggots and feeding off organic matter in the litter. Next they burrow into the litter, develop a cocoon in which they pupate, emerging some 9 – 19 days later as adult fleas. These remain on the floor for about a week before seeking a host and attaching to it. Failure to find a host results in starvation and death.

## HOW THEY AFFECT POULTRY

The fleas burrow in and suck blood from their host, causing distress and irritation. Egg production drops off in laying flocks and broody hens will

leave the nest before chicks are due to hatch. Young stock, however, are most at risk and easily become anaemic and die. Bad infestations can decimate a whole season's young stock.

## CONTROL MEASURES

You can forget old-fashioned remedies and Grandma's chicken manual – most



**Environmentally friendly products to weather proof and dust seal all earth buildings**

- Mud Brick Water Repellent
- Stabilised Earth Water Repellent
- Earth Bonding Emulsion
- Earth Render Admixtures

**Tech-Dry**

177-179 Coventry St  
Sth Melb, Vic 3205

Vic 03-9699-8202 Qld 07-5520-0856  
SA 08-8132-1166 WA 08-9336-2426  
NSW 02-9482-3360

[www.techdry.com.au](http://www.techdry.com.au)

control measures from yesteryear are horrendous. Spraying houses and yards and dipping birds were the chief recommendations, with DDT, creosote, and Malathion derivatives popular favourites, or the scattering of common salt and wetting in. Fortunately, there are safer options.

The key to elimination lies in regular removal and destruction of floor litter and manure from sheds and treating infested birds so flea eggs are not dispersed into soil in outdoor yards. It will also help tremendously if hen house floors are concreted.

If you take action to stop the flea's development stages by cleaning floor litter out every few days and composting it in a bin so speedy breakdown occurs, breeding will be contained. It is essential to treat removed litter by composting it and in fact there is a good case for burning, though this is rarely possible during the summer months. If you just heap it in a corner of the garden, eggs will continue to develop into larvae and pupate and emerging fleas may get onto inquisitive household pets, or even rodents, and spread. Regular spraying of heaped litter with the hose has a deleterious effect on developing fleas – they don't thrive in damp conditions.

What about hosing floor litter or spraying it with a safe insecticide? Unless the floor litter was saturated the larvae could burrow deep and avoid contact with water or insecticide, emerging at a later, safer date. Soil floors are hazardous in this regard, and concrete, while costly, provides an impenetrable barrier and is much easier to clean.

Some success has been gained by keeping litter damp and generously scattering sulphur powder into it. The

latter can be purchased at garden centres but must be 99 percent pure. Check labels or you could add unwanted chemicals to the litter. An automatic sprinkler system would need to be set up and run every couple of hours if litter was to be kept damp in hot weather.

You also need to tackle the actual fleas that are attached to the fowls or turkeys. This is done by generously applying Vaseline, vegetable or baby oil to infested skin, which impedes respiration of the fleas. They won't fall off straight away; their mouth pieces are deeply embedded so it will take a couple of weeks before they all drop off. A second application, a week later, should be considered. Special care needs to be exercised around eyes and eyelids when applying oil.

Would a drop or two of eucalyptus, thyme, tea tree or sassafras oil added to the vegetable or baby oil help? Not necessarily, because oil on its own will block respiration and thus cause death. Other recommended oils include neatsfoot or even lard, although the latter is hardly appropriate in hot weather.

#### **EFFORT IS REQUIRED**

As with controlling body and scaly leg mites, time and physical effort is required. If you live in a dry sandy area and know stickfast fleas occur, keep a regular check on poultry for their presence. It is imperative all birds are treated, so that not one is allowed to live up in trees and disperse flea eggs. As well, household pets should be kept away from the hen house and composting litter. If these rules are followed, along with the previously recommended measures, you will get rid of this pest remarkably quickly and safely. ♪

## **TIPS FOR WINTER**

With winter setting in for the time being, here are a few ideas to help ensure the season is a healthy, comfortable and economical one for you and your family.

#### **SALICYLIC ACID**

A Scottish study has found organic vegetable soups contain six times as much salicylic acid as nonorganic vegetable soups. The acid helps combat hardening of the arteries and bowel cancer, and is the anti-inflammatory substance found in aspirin.

#### **BEATING MILDEW**

Some houses suffer from mould in the cold winter months. To guard against this, limit excess moisture and humidity in the home, and try to increase surface temperatures in the rooms. Make sure steam is effectively vented from the kitchen, bathroom and laundry. If it is allowed to travel to other colder rooms, it can result in condensation, and then mildew. Check the drainage on site and make sure there is adequate insulation.

#### **BLACK-STYLE BEER**

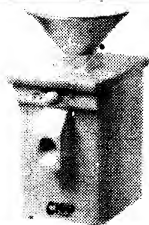
For those cool winter months many people prefer a black-style beer, like Tooheys Old for instance. Simply by using two brew packs mixed together, one a lager style and the other a stout, you can produce a credible old-style beer. If you don't have two fermenters, the opened tins will keep for ages in the fridge once you replace the lids. But remember to use only one yeast sachet per brew. ♪

**Colin Gibson**

## **Stone Ground Flour In Your Own Home**



Using fresh wholegrain flour is the pathway to optimum health and SCHNITZER'S stone Mills are the best way to achieve it. Wide choice of hand or electric models. Send SSAE or call us today.



**SCHNITZER MILLS** 420 Freemantle Rd Bathurst 2795

TEL 02-6336-9100 FAX 02-6336-9111

Visit our website [www.schnitzer.com.au](http://www.schnitzer.com.au)

## **DO YOU HAVE A POULTRY PROBLEM?**

Want to know more about Poultry?  
Having trouble obtaining reliable Advice?  
Want To Keep Up To Date With Poultry?



*Australasian Poultry is the only magazine of its type in Australia. Look for it at leading newsagents, priced at \$5.30 per copy, or have it delivered regularly to your letter box for only \$30.00 per year and includes GST.*

**Poultry Information Publishers**  
PO Box 438, Seymour 3661  
Ph 03-5792-4000

# Tagasaste After Drought

by Charlie Shroeder, Cassilis, Vic.

**Last time we saw the benefits of tagasaste plantings during drought. Now we look at its management and survival in the post-drought period.**

The tagasaste trees that served us so well that we did not even have to buy feed during the '98 drought have taught us a great deal more since that crisis finally came to a welcome end. During the drought the trees were cut unmercifully. They were in dormancy because it was so dry, and some of the older ones were cut to destroy them, while others were cut less hard so that they would coppice once again when finally rain arrived.

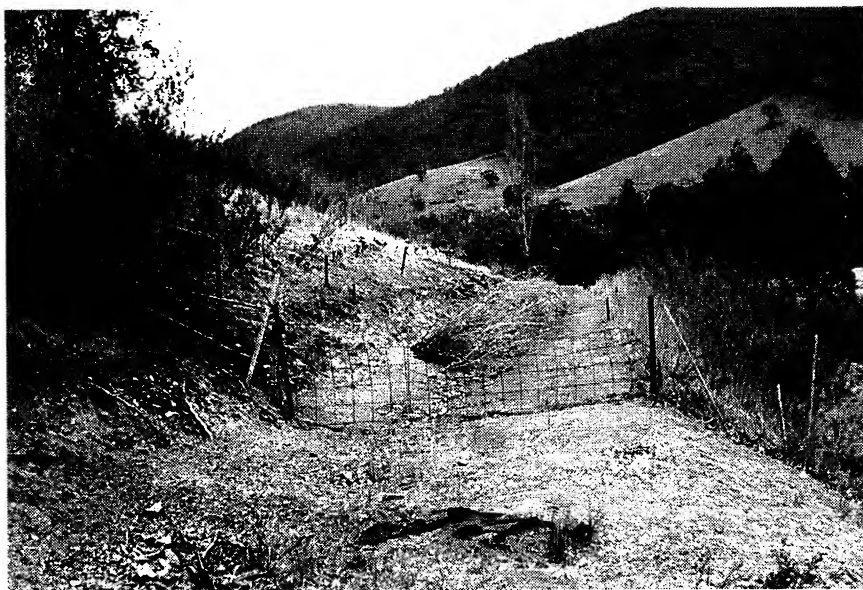
The really interesting discovery was that some of the old trees, cut down to almost 30 centimetres from the ground and having only old bark on the trunk, regrew. A very different result from our previous experiences when this was done while trees were under no stress at all.

The drought broke in June in this mountainous area where the soil is very poor. The first rains that fell were gentle, and this was a relief because, even though there was enough tagasaste to cut for feed, the sheep that fed on it trampled the ground after consuming the pasture so that there was no vegetation visible above the ground. The rainfall caused no erosion and started the pasture growing, even though it was so late in the year and would normally have been too cold to expect any real growth from plants. After a couple of weeks, when the rain really hit hard, the ground was held, and the subsequent floods, though extensive and severe, were unable to cause any damage. Another reason for this was that the sacrificial paddocks used for the sheep were, of course, the most damaged by them, tagasaste having been carted to them at these containment areas. This left some paddocks with less wear and tear, and faster to recover when the rain was welcomed.

The debris from the cut trees covered large areas, and this also helped to arrest any movement of organic mater-



Debris from cut trees helped prevent loss of organic matter when the rain finally began to fall. After the rain, debris was burned and the ashes scattered over the paddocks to provide potash.



Tagasaste hedgerow cut and left in water race (behind fence) for sheep to graze. The detritus protected later new growth. Consumption of bark as well as foliage makes a more nutritious fodder.



ial further than the first tagasaste branch obstruction that it reached. After the first decent soaking rain, the tagasaste seed that was plentiful in the soil germinated at the same time as the grass seed, and almost as fast as the grass shoots from the perennial species that had maintained their root integrity. The soil contained an enormous seed bank of tagasaste seed, and there were many places where the grass seed germinated but the tagasaste seedlings outstripped it. The paddocks were still rationed and tagasaste cut and carted for the sheep to allow maximum establishment of the young shoots and seedlings in the rested paddocks. The sacrificial paddocks were the first vacated, and they benefited from the manure that was in them from the long occupancy of the animals. The sacrificial paddocks were selected mainly for their barrenness, some containing rocky areas, and mostly gravelly soil. Twelve months after the drought broke, these paddocks were lush as never before because of the rich nutrient.

As the drought came to us after nearly four dry years, and the year after the drought was at least average, if such a condition exists, all plants took full advantage of this, as do all of the natural world's systems, being very much opportunistic. After some months we saw that the grass, growing vigorously, was choking out all except the most vigorous tagasaste tree seedlings that had volunteered, in this way saving us from the selection process, allowing it to remain comparatively natural.

The first summer found us with so much feed that it was embarrassing and the tagasaste trees were no longer

needed. That left us with a legacy of long branches on the older trees that started to grow more wood than foliage, and copious quantities of seeds to replace those which had been in the ground.

The sheep came through the drought in great condition, and that was a boon. Tagasaste is not a balanced diet, though it is more so when the bark can be stripped from the branches as well as the foliage being consumed. The wool produced was down in weight, but very little, and the animals were of good heart and energy. Some fed grain in a neighbour's paddock were fatter, but were prone to going down when mustered. Ours survived without loss and produced lambs, though out of season because in order to make management easier the sexes were not separated. The sheep suffered no ill effects, and were soon extremely fat. The wool was tender in the staple because the 'full on' feeding of tagasaste was delayed as it was uncertain how long the drought would last, and the sheep were allowed to drop in weight. This will be avoided in the next drought.

The tagasaste tree hedgerows have re-established themselves and seedlings have moved into the pasture. Though they will not be as neatly placed in rows as the original seedlings were planted, they are probably better suited and adapted to the country without the transplant shock of removal from tubes. The tagasaste seedlings in the pasture will be expendable and used like grass till they are eaten out.

People looked dismayed when the drought caused us to cut the trees hard or down. They had forgotten that the trees were grown for just such an event. They were also unaware that the system was designed for when this sort of catastrophe occurred. I lost track of the number of times that I told people that if the trees did not regenerate then the system was flawed and not another tagasaste would ever be planted on the property. There is no point in losing sight of the goal. Our situation is that we have no other way to stockpile fodder and no soil fertile enough to grow another fodder crop, even if the area was not too steep to harvest it. The trees look very beautiful, especially during the spring when they are in

bloom, and their scent adds a certain charm to our lives at this time, but they are there for several purposes, and one of them is to feed the animals that we breed and grow for wool production.

If there was a drawback to the whole operation, it was the time taken to cut the trees, but this was no more than had been harvested, though harvesting tagasaste is a daily task. It took only an hour or so in our operation. Another difficulty could be the amount of debris that was laying in the paddock, but it too served a purpose by holding the organic material (manure, leaves and other valuable elements) from being washed down the slopes. The branches and trunks that could not be chipped were burned. Though not an ideal solution, it produced ash that was allowed to cool, then collected before any rain could leach the potash from it and broadcast over the paddocks. This job took awhile to complete, but the pleasure of not being able to do it because everything was too wet far outweighed the untidiness that the dead branches and trees caused. They were a healthy reminder of the lessons learned in a time when things were too dry. ♣

For more information about using tagasaste on the land or as a stock feed see previous editions of *Grass Roots*: GRs 56, 58, 60, 63 and 65.



## HEART ATTACK SURVIVAL

Often people who suffer heart attacks are alone and don't have help around. Here's a method to cope with such a situation. The person begins to feel faint and only has about ten seconds left before losing consciousness. It is important to start coughing repeatedly and vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged. A breath and cough must be repeated about every two seconds without letup until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure in the heart helps it regain normal rhythm. In this way, heart attack victims can get to a phone and, between breaths, call for help. ♣

### Be Your Own Boss \$ From Home \$

It's easy when you know how! And the best way to find out how is with the magazine **Australian Business & Money Making Opportunities**. Every issue is packed with information on business and money making opportunities (full or part time). It's sold from Newsagents across Australia and N.Z. and is found in the business section. To get a recent issue and details on 125 Australian Business Start-Up Guides send 4 x 45¢ stamps (covers p&h) with your name and address to:

**AB, PO Box 5518, Dept GRB, South Windsor, NSW 2756.**

We also produce the following guides: 101 Money Making Opportunities, How To Profit From Your Handicrafts & Hobbies, How To Start A Mail Order Business, Making Money From Flea Markets, Making Money With Your Camera, Making Money With Your Home Computer, Start Your Own Import/Export Business, How To Organise A Successful Home-Based Business. **FREE DETAILS SENT ON REQUEST.**

**FAX: 02-4577-6942 or visit our website at: [www.profitcentre.com](http://www.profitcentre.com)**

AAA Media Network, 3 Stanley Road, South Windsor, NSW 2756

# Other Days, Other Ways

by Lucy Daugalis, Daw Park, SA.

**It is easy to forget, as we aspire and work towards a degree of self-sufficiency, that in other times, places and cultures self-sufficiency was (and still is) the norm; indeed it was often essential for survival. Lucy Daugalis shares some memories of her childhood in Lithuania that epitomise the importance of self-reliance in conditions that few of us, thankfully, will ever experience.**

I was born in 1933, in Lithuania, a small country near the Baltic Sea. Although my family lived in town, we often visited relatives who had farms. They used to invite us, especially when fruit was plentiful.

My grandfather owned about 50 hectares of land, which was considered quite a large farm. They grew wheat, fruit and vegetables, kept chickens, sheep, about a dozen cows and a few horses. My grandmother had married a widower with five children and then they had three more. The farm produced sufficiently to keep a family of that size plus a few workers, and there was enough over to sell and buy items like salt, sugar and other necessities which they did not produce themselves.

In winter the animals were kept in stalls, dropping their manure where they stood. This was continually topped up with straw and, when removed, was kept in huge heaps outside, somewhat in the manner of compost heaps. This was spread on the fields in the spring.

During the winter, when the workload was not as great and it got dark by 3pm, the long evenings were spent by the light of a kerosene lamp in an all-purpose room. The men made hemp ropes, repaired tools etc. The women spun wool and cotton, or wove sheets, tablecloths and materials which a visiting seamstress would make into clothing. Children, after doing their homework, were often roped in to pull off the down from feather-stems for making pillows and eiderdowns. The young girls embroidered and crocheted beautiful items for their glory boxes. There was bound to be a storyteller or two who entertained all. Some of the stories were so blood-curdling that children

sat cross-legged on the bench, afraid to let down their legs in case there was a monster underneath. But there were also games, funny stories and singing which everyone joined in.

Most houses usually contained a kitchen which had a huge oven for baking bread. I have seen my grandmother or auntie bake bread to last a whole week, about 13 loaves at a time, mostly made of sourdough rye. The loaves were usually round and were placed on leaves about the size of rhubarb (which grew like weeds in the fields) so as not to burn the bottom of the bread. The bread was put in (and taken out of) the oven with a large wooden spatula on a long handle.

In spring and summer the men got up before sunrise and did a good couple of hours work before breakfast, which had to be quite substantial. I remember eating a most unusual breakfast for me, a bowl of cottage

cheese with cream poured over it and steaming hot potatoes to go with it. It was quite delicious.

Lunch was very often a rich soup, in which a lump of meat had been boiled and fished out for the main course, to which was added potatoes and other vegetables. Usually, even in towns, the men came home for the midday meal which was the main meal of the day.

The wall behind the oven adjoining the next room was always warm and on the floor there was a sort of side bench made of brick which was lovely to stretch out on. Above it were hooks from which hung sausages drying out slowly.

Once, when we were visiting my uncle (who had taken over the farm after my grandfather died), he took one of these sausages off the hook – a sort of salami, about half a metre long – broke it in half and handed a piece each to my brother and myself. We



Lucy's childhood memories remind us that self-sufficiency, to many, was not a choice but a necessity.

looked at him dumbfounded. It was wartime and we were used to sausage being thinly and delicately sliced, whenever we could get some. We were even more shocked when his wife placed a chamber pot full of amber-coloured liquid on the table. Seeing our discomfort she explained that the pot had never been used and that was all she could get, and she was using it as a container for kvass.

Most farms had a bathhouse or sauna which was heated by stones and on which water was poured from time to time to create steam. Everyone had a good scrub on Saturday night after a week's hard work. I haven't been there in winter, so I haven't actually seen anyone rolling in the snow after the sauna, but was assured that this was really so. In fact, every morning the men would strip to their underwear and, breaking the ice on top of the barrel which always stood just outside the back door, wash themselves thoroughly, splashing the icy cold water all over, including the head, which made them wide awake for the day.

The house was of average size, with only a couple of bedrooms besides the kitchen, family room and guest room. Only the parents and small children slept in the house, the older members of the family slept in the hay loft. The guest room was the nicest room of all. At my auntie's house the guest room seemed like a sanctuary which was rarely entered. It contained the most treasured possessions of the family. I can still see a vase with dozens of jewel-like pheasant feathers in it. Yet the mattresses on the beds were made of casings filled with straw which, to a town-dweller like myself, seemed a bit primitive.

The people who slept in the hayshed had large sacks filled with feather-down. My mother used to tell me what it was like to get under them on freezing winter nights – like slipping under the ice in a lake. But it got warm very quickly.

The set-up of the farm was a square with a large yard in the middle where the geese could be kept while not tended in the paddocks. Besides the house, there were animal quarters on one side of the yard, the hayshed on the other, and an implement shed on the fourth side. Often, there was a small flower garden near the back door which was also the entrance to the house. Pansies and forget-me-nots were favourites, also rue which was our national herb and stood for virginity – it was worn by young girls, as a wreath on the head, even before the marriage ceremony. There were quite a few songs about the misfortune of losing it before wedlock.

On Saturday afternoons the house was cleaned and paths were swept and sprinkled with sand in preparation for get-togethers with family, neighbours and friends, although most of the time there would be a village band playing at a nearby crossroads to which the young would flock to spend their remaining energy in dance.

A large pond was also usual (near which grew a small woodlot) for water and shade for the animals. Fish were also bred in it. The cows used to be staked to graze and had to be moved from time to time. The younger children often had to mind the geese out in a paddock to make sure they didn't wander into the grain fields.

I had occasion to tend the geese during my summer holidays, lured to a relative's farm with the prospect of food – all I could eat. It was the most boring holiday of my life, just me, the wandering geese and the big blue sky above. I could not even concentrate on a book because the geese kept trying to get into the ripening barley. I kept asking to go home, but they kept putting me off, so I watched for an opportunity and ran away, and although I had no idea in which direction to go I somehow managed to find my way home.

But then the front advanced to the town where we lived. Having had a taste of communism for one year previously, we were eager to escape. We were

promised a pair of good horses and a wagon by our relatives when the need arose. But things happened so suddenly that we had no time to go to the farm, which was a few kilometres closer to the front, and we left with barely the clothes on our backs. Thus we traversed through East Germany and even into Bavaria largely on foot, stopping here and there, sleeping in holes underground, or in farm sheds, danger just dogging our heels continually.


But in this way we were able to see much of the country which we wouldn't have done by other means of transport. The highways in East Germany were planted with fruit trees. I don't know who they belonged to, the government or individuals, or whether they were free for all. But often afterwards I thought what a good idea it would be to do the same in Australia. All the people who were on a pension or the unemployed could help themselves and keep healthier than they would have been if they couldn't afford to buy much fruit. Of course, there is a water problem here, but it should be possible for every owner of a property to plant a couple of fruit trees in the front of their house and look after them. Year after year they would be helping the poor at little expense to themselves. In the beginning there might be some who were not 'eligible', but when a whole town or city was doing it, it wouldn't matter for there would be plenty for all.

Another thing I noticed as we walked past many houses (they looked like Housing Commission homes, all the same design) was that each had about a quarter-acre of land, of which every inch seemed to be planted with vegetables. It is said that there were far fewer cases of heart disease or cancer during the war and this is attributed to the enforced 'fasting', due to the scarcity of food. Most likely, the fruit and vegetables grown by each house/occupant had more to do with their better state of health.

Even after the war, in the displaced people's camps, there was often a large plot of land attached, so that each family could grow their own vegetables or berry fruits. It annoys me to see how much garden space is wasted in Australia uselessly, but then, for better or worse . . . it is another time and another place. ☾

**LOWER AIRCONDITIONING  
AND HEATING COSTS**

CONCERTINA



**FOIL BATTS™**

THE RADIANT HEAT BARRIER  
THERMAL INSULATION FOR  
CEILINGS • WALLS • FLOORS

- Efficient
- Economical
- Compact
- Non-irritant

**WREN INDUSTRIES**

VIC/SA 03-9532-5855, NSW/QLD 02-9918-2055  
www.concertinafoilbatts.com 1800-066-002  
139 Herald St, Cheltenham 3192

# For Love Of A Lemon Tree

by Jane Smith, Kilsyth, Vic.

'Why are you washing your lemon tree?' It was that child again, the one with the round blue eyes who started every sentence with a 'Why?' as she perched on top of the fence between our house and theirs and observed whatever we might be doing in our yard.

'I'm washing all this sooty black stuff off it, that's what I'm doing,' I answered. The child nodded, she knew as much about lemon trees as I did at that time, young mother and housewife that I was, city-bred and new to life in a small country town, back in the early 1960s.

Our neighbour on the other side of us in this new suburb lived in an old established house that had not long before been the only farmhouse for miles around. He gave us the lemon tree because it was growing in the shade of his side lane. It was much older than its size suggested, a poor stunted little bush.

It might grow better for us, Bart said as he wheeled the tree in a big compacted lump of soil on his wheelbarrow around to the sunny side of our house on its bare block. Our new house and the house along from us were built on what had been his horse paddock, Bart told me, so the soil should be pretty good. Oh, and here was a bottle of his Secret Remedy, made to the recipe his dear old Irish father had brought out from Ireland at the turn of the century. Once a week, either when it was raining or just after watering, I should add one cupful of this Secret Remedy to a watering can full of water and sprinkle it around the lemon tree as far out as the top growth went, and not too near the trunk. And keep a special cup for measuring it, don't use a cup from the kitchen, he added enigmatically as he settled the lemon tree into its new position in our side lane, sunny and sheltered and likely to be shaded by the house in the late hot afternoons.

The Remedy was in an old sauce bottle, milky dark in colour with a strong smell of phenyl. Bart said to let

him know when I needed a refill, he'd make up another batch. It would also be good for a passionfruit vine, Bart said, a luxuriant passionfruit vine growing on a trellis to prove it.

The little lemon tree sulked along for half a year after that, responding slowly if at all to what amounted to outright spoiling. It got the Remedy as advised, the teapot regularly emptied under it, manure, crumbled eggshells and leaf litter heaped around but carefully brushed back from the trunk to harbour no insects.

One day we came back from a holiday to find the tree looking dark and grubby, its leaves spoiled by a deposit of what I later learned was sooty mould, a fungus deposit caused by scale insects. The obvious thing to do was to go out with a bowl of warm water soaped into a lather with pure laundry soap, and using a cloth I washed the tree and then gave it a good rinse. After that it got a bucket of suds once a week just to keep it clean.

Two summers later, when I was about to give up on this hunched-up looking misery of a tree, it perked up and began to put out blossoms and a lemon or two.

And then it kind of exploded into lush growth and, by the time we moved 17 years later, our lemon tree was tall and wide and heavy with good fruit just about year round. Bart meanwhile had become old and a little bent. When told that we were moving away, he looked both ways along the fenceline between us and confided, the formula for the Secret Remedy.

You rinse out an old sauce bottle, he told me, the kind that holds about 750 millilitres. Drop in two teaspoons of Epsom salts, and about a teaspoon of dog kennel fluid (phenyl disinfectant). Then you fill the bottle up with urine, human urine. Bart blushed, and I looked intently at a magpie flying overhead. We both looked at the great tangled mass of green leaves and spangled fruit that was the passionfruit vine growing right over Bart's back verandah. It was a living



testimony to the effectiveness of the Secret Remedy. Somehow, I don't think that Bart would mind if I passed the secret on.

Over the years I was told of many uses for the whole lemon, peel and pulp and juice. Like the onion, the lemon has a long history of use in all kinds of home remedies. It is antibacterial in its effects, inside and outside the body. The best use of lemon seems to be in prevention, and it was noticeable that anyone who made it a habit to have lemon juice in one form or another every day, was seldom ill.

There was Margaret, a lady who was well into her 70s, and never got so much as a cold. Her recommendation, was to take the juice of a lemon in a little warm water every morning. And to add to it a tiny pinch of Epsom salts, she said. The idea of the Epsom salts was to top up the magnesium level in your body at a steady rate. Didn't I know that people who get heart attacks or cancer might lack magnesium in the first place? Well no, I hadn't heard of that, but many years later I came across an article on the subject in the July 1985 edition of *Prevention* magazine. Later again I heard it from an old Scottish nurse I sat next to on a train.

Then there was the young man I heard on national radio one morning. He was saying how he had been a chronically sick child and a puny

teenager, until someone tipped him off about the health-giving value of lemons. He'd gone a step further than just taking lemon juice, he said. He'd cut up a lemon each day and put the lot – skin, pith, pulp, juice and seeds – into a blender with a cup of water (or fruit juice), and run the electric blender until the lot was turned into a frothy liquid. He'd drink that before he went to work. It was then that his health began to pick up. Twenty years down the track he never gets so much as a cold.

When I talked about this with my friend Alice, who is 85 and still going strong, she remembered what they did before electric blenders came along. Put a cut up lemon into a small saucepan, Alice said, add a cup of water and simmer it until the lemon is soft and mushy. Add honey if you like, tip into a bowl, mash with a fork and eat the lot. This cooked method might be preferred by anyone who found the blended raw lemon a bit tart.

The pith of a lemon, by the way, has been found in recent years to contain a substance that strengthens the walls of blood vessels.

A variation on the whole-lemon drink, is the green drink, in which the beneficial effects of dandelion and other green leaves are gained, by enriching the mixture with two or three dandelion leaves and a little parsley, nasturtium or barley grass leaves. Strain and drink. The fibre from the leaves may be a bit much!

Lemons play an important role in boosting vitamin C levels and feature in many remedies for sore throats. These often herald the onset of colds, flu, bronchitis and more serious chest infections, so dealing quickly with a sore throat may nip a serious illness in the bud.

By spending a few minutes gargling, or sitting over an aromatic steam inhalation, simply making an early night of it and giving ourselves a good rest in a warm bed, we can save a lot of time being lost in being really ill when the invading germs get a grip on the system.

Sore throat remedies can be rather luxurious, as a family friend's remedy for the early signs of cold or flu indicates. I call it Colin's Cure-all, and here it is. Have a warm bath or shower and get into pyjamas and dressing

gown. Wash and cut up a whole lemon into a jug. Add one dessertspoon of brown sugar, one dessertspoon of honey, and one tablespoon of rum or whisky or brandy, whatever. Add almost one large mug of boiling water and stir well. Now pour it all back into the mug (strained), and slowly sip until it's all gone. Then go to bed. In the morning, and Colin swears to this, you'll be fine.

Colin's wife Jean said she got the same result if she just took pure fresh-squeezed lemon juice mixed with a little honey last thing before going to bed. The germs wither and die with two antibacterial substances like lemon juice and honey lingering in the throat as you go to sleep, she claimed, but Colin preferred to do it his way.

Somebody else commented that lemon juice painted onto the back of the throat with a small brush was something that desperate pioneer mothers tried to stave off the deadly membrane of diphtheria, while waiting for a doctor to reach their sick child.

Lemon juice and cod-liver oil have for many years been used to make a cough mixture for people who have trouble with their breathing because of recurrent respiratory infections. A tablespoon of honey is mixed with an equal amount of cod-liver oil in a small jar with a lid. Add the strained juice of a lemon and mix. Shake the jar and take a teaspoon of the mixture as you feel like it. There's no danger of an overdose and it is said to ease painful coughing.

Nausea is such a dreadful feeling that many a sea traveller who experiences travel sickness says how they wouldn't care if they were thrown overboard. Nausea can be caused by various things other than motion sickness though, and at such times we will gladly reach for whatever modern medicine will take it away. If we must make use of what is to hand around the home, then plain, unsweetened lemon juice in a glass of cold, cold water is certainly nice to sip. It takes away the sticky sensation in the mouth that nausea brings and we feel a little better. Cooling the face and hands also helps, and a cloth wrung out in cold water and a splash of cologne applied to face and hands brings relief.

A peculiar remedy for travel sick-

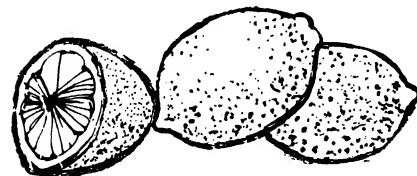
ness was recommended by a farmer who dreads being a passenger in any vehicle because it makes him feel squirmy. You hold a lemon in your hand for the whole trip, he says. You grip it tightly in your hand so that the skin of the palm and fingers is wrapped firmly around the lemon skin and the oil of the lemon is mixing with the perspiration of your hand. At the end of the trip, the lemon will be discoloured and should be thrown away. You will not be sick on the journey at all. This remedy made a little more sense after I'd read about the Bach flower remedies, where the absorbent nature of skin is utilised in the treatments.

Lemon juice has many uses for the outer surfaces of the body as well as the inner. Cold sores respond to lemon juice dabbed on at intervals. The best time to begin is at the first sign of discomfort. Keep a lemon in the fridge, wrapped in clingwrap, and cut off a fresh slice each time and dab it on the cold sore, then discard. Mouth ulcers can also be treated in this way. If wearing dentures, dab a fresh slice of lemon onto sore spots, then replace dentures.

Lemon juice helps prevent infection as well as easing itching when used on insect bites. And corns and callouses have been known to yield to a bandaged-on slice of lemon or onion.

Lemon juice has long been known to bring life into fair hair when used in the last rinse after shampooing. Clean and soothe hands at the same time with lemon juice and sugar mixed together and rubbed well over the skin and then rinsed off.

New uses for the products of the lemon tree are being discovered all the time. This beautiful, glossy-leafed tree can be grown as a privacy screen near one's door, in the ground or in a tub, and is always manageable. When covered in creamy flowers, a truly lovely fragrance fills the air. Who would ever want to be without such a precious and useful companion of the plant world as the lemon tree? 🍋





# Ewe Rescue

by Betty Ford, Mount Seymour, Tas.

After several years of drought, we are now developing webbed feet. Are we complaining? No, not a bit. It's lovely to see the paddocks green again after the brown earth we previously had. My only moan is that the dogs haven't learnt to wipe their feet when they come into the house. Since I last wrote (about our garden) we have been very busy, not only with the garden, but also with a lot of sheep we acquired. Up until then we had Angora goats, so my knowledge of sheep wasn't all that crash hot.

A man who has a block near us bought 300 drought-affected sheep. He put them on his place, then went back to his home in town. Sadly, he soon had dead and dying sheep all over his 50 acres and a passer-by was so concerned, he called the RSPCA. An officer had to shoot a lot of the sheep that were starving and badly worm- and lice-infested. The owner was ordered to get the sheep off the property, but as he had left every gate open none of his paddocks were worm free. The remainder of the sheep were offered to us.

We rounded up what was left of the flock. They were so weak we didn't



Many of these drought-affected sheep died needlessly but there was much pleasure in the progress of the survivors.

even need the help of our dog Zac. Yarded, they were drenched then rested overnight. The next day we slowly walked them down the road to our place (half a kilometre), with many stops along the way so they could feed on the grass verges. Luckily, we have very little traffic on our road, so we were able to take our time. Some of the sheep were barely able to walk, so those, with the help of our neighbour, Andrew, we carried.

Within a few days the sheep were settled and feeding well on fodder and oats, we started the task of sorting them out. Out of 300 sheep, we were left with 110. One of them was a ram, plus nine wethers, which we gave to our neighbour's daughter, Elizabeth. She promptly named the ram Ross and gave names to all the others. Ross is a real character. He must have been a pet because he allows Elizabeth to lead him around on a leash and will beg for bread or anything else that is going.

Pretty soon we found ourselves with extra work on our hands. Some of the ewes were lambing. The 'girls' were still too weak to care for them

and we found ourselves with a shed full of lambs being hand-reared. We had a foster feeder stored away, so it was brought out of mothballs and utilised to feed the lambs. Feeding times were hilarious with lambs climbing over each other to get to the teats. The weaker ones were given a bottle. As is not unusual with children, my granddaughter, Alinta, who lives with us, started giving them names. We had Casserole, Hotpot, Blinky Bill, Cadbury with his pretty brown face,



The rescued sheep were so weak we didn't even need dogs to yard them.

**Walkabout Leather**  
**Handcrafted Australian Leather Saddles**  
**PO Box 1343, Gympie Qld 4570**  
**Ph: 07-5483-5452**

Comfort with Durability  
 Fully Adjustable  
**S 4-7, M 7-9, L 9-11.**

**Style 6**

**Style 2**

**\$49 Pair incl GST + \$5 p&h. COD Available.**  
 Phone for free full colour pamphlet or send cheque or money order incl all details.  
 avail black only.

and after that they all looked alike, so she gave up.

We were still losing some sheep and, sadly, some lambs, especially those that were born in the night. We had some really foul weather then. The survivors got to know the sound of the vehicle bringing them their oats and they would gallop across the paddock to be first in line.

We have now had the sheep for a year and we were hoping to put our old ram Roger to work, but one day he went quietly into the bush and passed away, but not before leaving behind a 'Roger Junior'. As he is too young to know 'what's what', we borrowed Ross from Elizabeth. When she came to collect Ross from his sojourn with the girls, he was rather thin in the face and reluctant to go back home.

Meanwhile, the surviving lambs hang around in the paddock near the house. They don't seem to want to join the rest of the flock. Beau, our new pup, practises his round-up technique on them. They are so used to Beau now that half the time they ignore him.

This year the ewes and their lambs should do well. The girls look healthy and content. It's sad that so many of the sheep died needlessly, but it gives us so much pleasure to see the survivors doing well. ♡



We were surprised by a number of lambs the weakened ewes gave birth to – more work, but lots of fun as well.

## FOILING FOXES

Fox numbers have exploded across much of Australia and these wily predators are responsible for high losses of young stock, especially lambs and kids. Innovative farmers are trialling the use of guard animals in their 'maternity' paddocks. Alpacas and donkeys with the sheep or goat flock will chase away foxes, and other predators. In some instances farmers hire the guard animals for the appropriate time. Make enquiries with your state's agriculture department or farmers in your area. ♡

# Beware Of The Boar

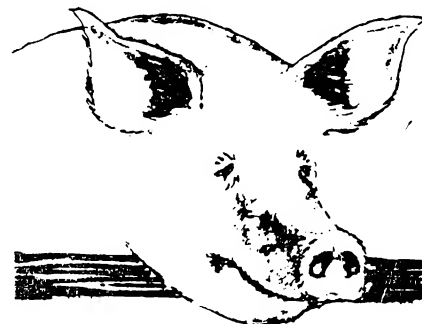
by Pearlle (Tahiti) Lovelle, Kyogle, NSW.

Some years ago a couple I knew decided to go to the local show. The husband went to look at the livestock while the wife and a friend decided to admire the handcrafts in the pavilion. When they later met up the husband was keen for his wife to come with him to see a huge young white boar. They stood outside the pen and the boar appeared to be asleep, its face covered with flies. The man waved his arm over the fence and called out 'hi' a couple of times to attract the boar's attention.

Like a shot out of a gun, the pig rose on its hind legs and snapped its jaws onto the man's arm, tearing the muscle.

People nearby called for an ambulance, shouting that a man had been bitten by a pig. The ambulance man came running, wondering who would be silly enough to get in the pen with a pig.

The arm had to be stitched. It's a wonder it wasn't torn off. The man had trouble with the wound all his life. The pig had its tusks removed immediately because it was against the rules to enter a pig with tusks in a show. Both the man and woman were reared on farms, owned a farm, bred lots of pigs, and this was the first time anything like this had happened. I know because the man, Bill, was my husband. ♡



Don't be fooled by an animal's benign expression or sleepy looks. Always think safety first.

## ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.



### E-CO SHOWER RANGE

Most water saving showers have restrictors in their systems and water depends on its own flow through tiny holes, therefore giving either too soft a shower or a sharp needly shower. The E-Co Shower range uses just 7.5 litres per minute compared to the normal 22 litres, but this is not at the expense of a good soak. E-Co showers aerate each drop of water as it leaves the showerhead, giving a strong comfortable spray. The E-Co Shower system has a system built inside the showerhead similar to an air venturi in a spa bath. This means the water and air mix inside the rose causing turbulence and spinning very fast, gaining extra velocity. When water and air mix together, they cause air bubbles covered in water and when these hit your skin they pop and the water sticks to you. The E-Co Shower is self-cleaning due to the turbulence eliminating any build up of small particles and grime. There are a number of models and an adaptor, which can be connected to an existing shower giving an aerated and reduced flow. Models include the Pearl, similar to a standard shower rose, and the smaller and more streamlined Diamond, Sapphire and Opal heads.

**For more information contact: Weston Pty Ltd, 28 Killara Street, Currumbin Waters 4223, ph: 07-5522-6821, or visit [www.ecoshower.com.au](http://www.ecoshower.com.au)**

### METAMUCIL

Studies have found that Metamucil, commonly used to promote regularity, can help reduce the build up of bad cholesterol by more than seven percent in just two months. The active ingredient in Metamucil, the soluble fibre psyllium, helps the body excrete bile acids, which facilitate the digestion of fat. In order to manufacture more bile acids the body draws cholesterol from the blood, consequently lowering the blood cholesterol level. When taken in conjunction with a heart-healthy diet, an adult dose of Metamucil can help to lower your LDL cholesterol levels and provide one third of the daily requirement of natural soluble fibre. Doctors are encouraging people to use this instead of prescription treatment in the first instance as cholesterol drugs are extremely expensive. Metamucil is available at pharmacies and supermarkets in a variety of forms.

**For more information contact: Proctor and Gamble, 99 Phillip Street, Parramatta 2150, ph: 1800-028-280 or visit the website at [www.metamucil.com](http://www.metamucil.com)**

### PACNVAC PACKAGING SYSTEM

Pacnvac is a new innovation that brings a light and transportable vacuum sealing system into your home at low cost. Vacuum sealing enables you to seal moisture and freshness into foods, maximise fridge and freezer space, eliminate food spoilage, as well as save time and money. Simply place the item to be sealed in the food-grade plastic packaging, connect Pacnvac to your vacuum cleaner or use the dual-purpose hand pump with adapter to extract the air, then heat seal. Pacnvac is ideal for meat enabling it to improve with age, but can also be used in the bedroom to protect clothing and footwear from silverfish, moths or mildew; in the office to protect valuable documents; or even in the garden, or when you go camping or fishing.

**For more information contact: Epple Enterprises Pty Ltd, Alstonvale, Hughenden 4821, ph: 07-4741-1672.**

### PICCOLO INVERTER

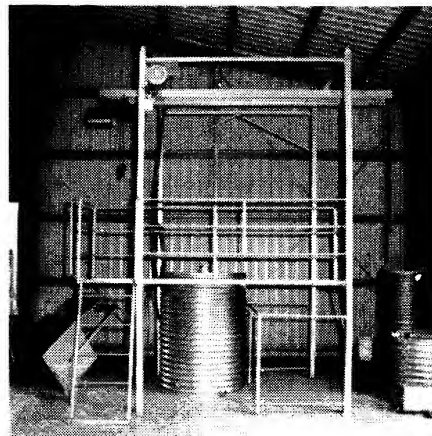
Piccolo is the smallest in the range of DC to AC power inverters from Solar Energy Australia. It is a scaled-down version of the larger inverters and delivers 150 watts of sinewave output at a very economical cost. Employing state-of-the-art technology including power MOSFETs, a high efficiency toroidal transformer and a powerful RISC microprocessor, the Piccolo is a sophisticated, efficient inverter that is simple and reliable. It provides a true representation of mains electricity and is protected against short-circuit, AC overload and DC voltage out of range. When connected to a 12V or 24V battery through a vehicle's cigarette lighter socket, it can provide more power in short bursts, up to 2.5 times its continuous output, and so can cope with starting appliances such as television sets. Ideal for use anywhere mains electricity is not available.

**For more information contact: Solar Energy Australia, 11/42 Stud Road, Bayswater 3153, ph: 03-9720-9399, or visit [www.solaraustralia.com.au](http://www.solaraustralia.com.au)**

### FIFTH ELEMENT FERTIGATION SYSTEM

5E, as it is known, allows you to produce instant organic fertiliser from raw material with impressive results for your produce and your finance. With this system you are able to produce as much or as little liquid fertiliser as you require at your convenience. There is no unnecessary packaging to dispose of, all materials and by-products are user and earth friendly making this an ecologically sound solution to fertilisers. 5E is an easy-to-operate machine made of galvanised steel; the process of aerobic decomposition and bacterial action takes just four hours and leaves a potent liquid solution in a balanced, stable and neutral form (pH7.1). Conventional fertilisers can take time to become assimilated by plants or remain inert rendering them less effective and prone to leaching which pollutes our waterways. 5E has all the nutrients immediately available for plant uptake, preventing them from leaching beyond the root zone. 5E comes in four sizes to suit everyone from the home gardener to the commercial grower.

**For more information contact: Garry Nunn, Fifth Element, PO Box 456, Cooroy 4563, ph: 07-5442-8009.**



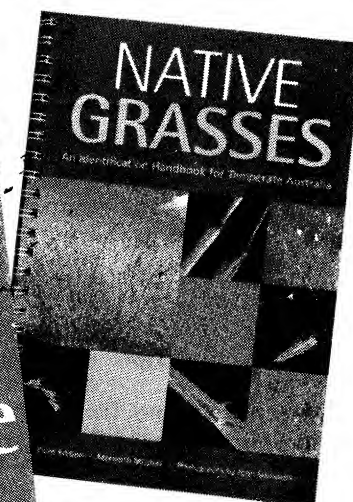
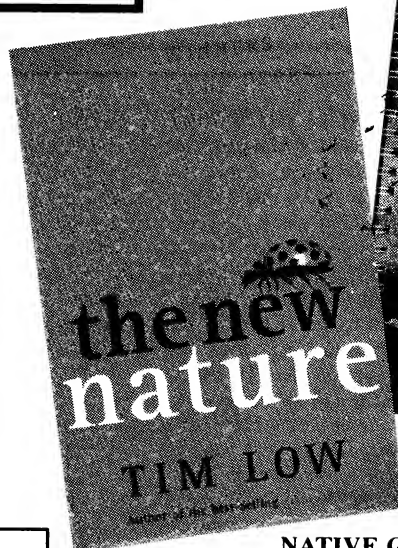
## RECENT RELEASES

Titles described can be ordered through your nearest bookstore.

### THE NEW NATURE Winners and Losers in Wild Australia Tim Low

In this new book Tim Low examines changing dynamics in the environment as a result of human activities. We are all only too aware of plant and animal species that have declined or become extinct, but there are 'winners' that thrive in association with humans as well as the 'losers'. Possums and swallows, for example, use our structures as their own habitat. In many cases, however, the success of the 'winners' puts greater stress on the 'losers'. Another key theme of the book is the redefinition of the concept of wilderness and the natural world. Low reminds us that 'nature' is all around us and that we are as much a part of the natural world as any other species. Despite the oversimplifications and generalisations, it is a fascinating and provocative read.

378pp, Penguin, PO Box 257, Ringwood 3134. Ph: 03-9871-2400. RRP: \$29.95.



### THE BUSHFOOD HANDBOOK How to Gather, Grow, Process & Cook Australian Wild Foods Vic Cherikoff

Although it's certainly not pocket-sized, this would be a great book to take with you on your next bushwalking trip. Learn how to cook up a storm, either at home or while camping, using our unique and delicious native Australian plants. Find out how to recognise many useful plants and where to locate them, including foraging in the city. Discover all you need to plan and construct your own backyard foraging patch. Cherikoff provides recipes, a regional listing of food species, the history of the food, and traditional methods of acquiring and using them. There are plenty of glossy colour illustrations to complement the text and ensure correct identification. The publication is attractive and highly practical, as well as being ecologically conscious and environmentally friendly.

P/b, 208pp, New Holland, 14 Aquatic Drive, Frenchs Forest 2068. Ph: 02-9975-6799. RRP \$43.95.

### NATIVE GRASSES An Identification Handbook for Temperate Australia Meredith Mitchell

With the current upsurge of interest in native grasses, this is a timely and easy-to-use field guide for identifying some of the most common native grasses in temperate Australia. The text describes 17 species in detail, covering general features as well as specific distinguishing characteristics. Snow grass, weeping grass, nineawn grass, kangaroo grass and tussock grass are examples. Full colour photographs of the whole plant, as well as close-ups of significant parts of the plants such as the seedhead, leaf blade, seed and ligule accompany each species description. This pocket-sized handbook provides advice on grassland management, as well as highlighting the benefits of native grasses to the environment, agriculture, landscaping and hydrology.

P/b, 42pp, CSIRO Publishing, PO Box 1139, Collingwood 3066. Ph: 1800-645-051. RRP: \$24.95.

### BOOST YOUR CHILD'S IMMUNE SYSTEM THE NATURAL WAY Anna Neic-Oszywa

As a consultant dietitian-nutritionist in Australia, Neic-Oszywa obviously likes to encourage good health through sensible eating. She shows us why sound nutrition is the cornerstone of a good immune system, and explains the special needs of children during their rapid growth and development. Imbalances and deficiencies of certain nutrients can result in frequent colds, flus and other illnesses. The need for a diet rich in iron, zinc, vitamin A, antioxidants and protein is outlined, and there are plenty of easy recipes plus meal plans especially designed with taste and nutritional benefits in mind. The best sources of certain nutrients are discussed, useful tips are provided to tempt fussy eaters, and the differences between vegan and lacto-ovo-vegetarian diets are discussed. This publication is aimed at parents of toddlers to pre-teens and is informative and easy to use.

P/b, 226pp, Allen & Unwin, PO Box 8500, St Leonards 1590. Ph: 02-8425-0100. RRP: \$22.95.

### VEGETARIAN WORLD FOOD The Best of Cooking with Kurma Kurma Dasa

Many of us have enjoyed seeing Kurma's cooking series on SBS or Foxtel. His dishes cover innovative, healthy and tasty vegetarian cuisine from around the world. This publication is made up of Kurma's favourite recipes first published in his earlier best-selling works: *Great Vegetarian Dishes*, *Cooking with Kurma* and *Quick Vegetarian Dishes*. There are seven sections covering different cultures: India, the Mediterranean and the Middle East for example, and the range of recipes include Hare Krishna faithfuls like walnut and raisin semolina halava and mung dal. Recipes are clearly explained, each with a tempting colour photo, and both a descriptive and proper name for the dish is given where appropriate. Incidentally, Kurma's Krishna beliefs preclude the use of garlic and onion in food, so instead he uses the aromatic asafetida powder, which the glossary states is very good for the digestion.

H/B, 213pp, Macmillan, 627 Chapel Street, South Yarra 3141. Ph: 03-9825-1127. RRP: \$35.00.



## DOWN HOME ON THE FARM

by Megg Miller.

'You're welcome to a few roosters,' I said to my friend and neighbour, Lucy. 'There's a couple locked up already so I'll drop them off tonight.' With the summer crop of chickens reaching maturity now the demise of a couple of males would go unnoticed among the remaining throng. There would be two less to feed as well. All I had to do was take them from their pens and pop them into a wire crate. Five minutes work. As a bonus I would get to spend the evening with Lucy and Gerry and watch TV after unloading. What should have been a simple and easy exercise turned into a bizarre experience.

Not content with off-loading two roosters I decided to look for more. This was the start of trouble. A search for easy-to-reach cockerels yielded many in the rafters of the feed shed. They showed a strong reluctance to leave the safety of their roost and unfortunately, on examination, failed the plumpness test. Back up they went. An indignant cacophony followed my hasty exit. Clearly I was going to have to pass up this opportunity to cull a few extra and settle on the two locked-up birds.

The roosters, edgy from hearing the cockerels' cries, were adamant they were not going anywhere. They fought and flapped and bellowed out their protest, and when contained in the crate in the darkened van became even more strident. Maria the dog, reproachfully overseeing the operation, looked certain her charges were being tortured. With relief I leapt into the van and drove out the gate, confident the birds would settle down.

Unfamiliar to each other and in unknown surroundings, they were properly spooked. They probably believed each other to be an apparition because the slightest movement from one frightened the other out of its wits. The alternate flutterings were inducing paroxysms of terror. The wailing was unbelievable and it wasn't surprising that they escaped from the crate. This led to even more flapping and I was having kittens because there were baskets of washing in the back. Mercifully, the trip was short and they didn't break

their necks, but they certainly took some catching a couple of hours later despite the confined area. I've been unenthusiastic about resuming cockerel catching, but necessity is forcing the issue. The next lot will be travelling further afield and I'm anxious they will squawk and scream as I'm driving through town. Imagine trying to explain the situation to the police – or worse, opening the door of the van!

The cockerels are always a nuisance about the place, but two little birds that have been most undemanding are the Magpie pigeons. Regular grain and fresh water have kept them happy. One died recently and it had to be between 15 and 20 years old. The pair, female I'm sure, were all that was left of a group that was here when Suni was a child. The remaining bird looks sprightly and I toyed with the idea of finding a mate. She has to be of a similar age to the dead bird and near the end of her life. She can age gracefully and singly. The two pigeons preceded the dog, the pig, and even the cats, which are at least 14, so they've had

great longevity. I felt quite moved by the occasion and resorted to loud nose blowing. What would their age equal in human years?

Enough of poultry. The last few weeks have brought welcome rain, enough to green up the paddocks and roadsides, but insufficient to create run-off for the dams. At least it's a promising start, albeit a late one. I'm still having to buy water for the birds and pig, but can happily roll the garden hose up. It's a relief to get respite from having to water plants and Marcel and Suni keep asking, 'Has it rained?' as they're sick and tired of the watering process. Other jobs can take priority now.

They had plans for tackling a few chores the last long weekend and invited me to call in when driving past 'Friends are coming so the fire will be going. We're only going to garden or take a walk so call in for coffee,' Suni invited. I dropped by late Saturday and the girls, Mel and Clare, were almost sitting on the wood heater. 'What have you got planned?' I asked them sociably. 'I'm staying right here in front of



Friends helped demolish two of these tumbledown sheds and while the days are numbered for the central building it's handy for temporary storage of chook equipment. I'm not ready to surrender it yet, especially to fire!





# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 85 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send **with payment** to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 153 is 31 August, 2002.** Please do not fax ads.

Sender's Name ..... For issues no/s .....

Address ..... Classification .....

..... Postcode ..... Cost .....

**Cost for advertisements is 85c per word**

## PROPERTY FOR SALE

### NEW SOUTH WALES

**PRIVATE VALLEY** – 225 ac – r/forest, ocean views & tranquil with abundant wildlife. Open plan cabin/house, gas fridge, solar & fuel stoves. Water tanks, sheds. Telephone and 12V system. Endless building supplies for future projects. Self-suff with some garden beds, f/trees & a wide variety of r/forest fruits avail. Rural tourism or B&B avail in a beautiful community. Wauchope 25 mins, Port Macquarie & beaches only 45 mins. \$177,500. Ph: 02-6582-0841.

**IVERELL**, gem fossickers' delight, weather-board & tiled home, 3 b/rs, sun room, wood fire in lounge, 2 tin sheds, lock-up garage. Bus passes door. Nothing to spend. POA. Ph: 02-6722-1238.

**MID NORTH COAST**, artist's house & studio, 5 ac + 1/3 share in 600 ac relaxed estab community. Hills, forests, crks, paddocks. Underground mains & solar power, gardens, 15 mins town, 40 mins beaches. \$175,000. Ph: 02-6587-5172.

**TARAGO**, 1/2 ac 20 mins drive sth of Goulburn on Braidwood Rd. Cleared with driveway, shed, w/tank, house site excavated, lovely views, power & ph avail, bitumen rd frontage. \$27,000 ONO. Ph: 0419-011-408.

**NORTH COAST**, 25 km nth of Dorrigo, 3 b/r clad home on 1/2 ac for sale. Single lock-up garage, garden shed, elec kitchen, combustion heating. Quiet location close to school bus stop. \$70,000. Ph: 02-6657-8166.

**NORTHERN NSW**, 6 ac frontage to Horseshoe Crk, side crk & dam, 15 km to Kyogle, nth aspect, valley views. \$59,000. Ph: 02-6689-9217.

**MT WARNING VIEW** from 100 ac wooded, steep, isolated. Excellent 300 m rd to plateau & view. Power. Rainforest in gully. Byron 50 mins, Murwillumbah 30 mins. \$230,000. Ph: 0405-497-198 after 17 Aug.

**NORTHERN RIVERS**, 958 ac, 50 km west of Kyogle bordering Richmond Range Nat Pk. Solar powered 3 b/r timber double storey home with internal wood panelling, timber features, gas stove, s/c/stove wood heater, timber kitchen, 2 verandahs, storeroom, office & composting toilet, 14,000 gal r/w/tanks, 3 bay garage with workshop. Property is fenced with 5 dams, crks with waterfalls & swimming holes. Extensive native timber stands cover 2/3, the rest semi-cleared. Abundant wildlife, estab orchard & chook yard, chemical free. Gravelled access is 4WD preferable. A tranquil & secluded property. Price \$160,000. Ph: owner, 02-6665-3167.

**RURAL OASIS – NAMBUCCA VALLEY**, delightful eco-friendly home set on 15 ac. Open plan octagon timber & bluestone house, solar power, gas fridge, stove & hot water system, Clivus Multrum composting toilet. Separate two storey studio. Bus undercover with verandah. Well estab gardens, Lister diesel generator, Southern Cross pump, Yanmar 4x4 tractor & attachments. Reliable water supply, all weather access. Close to town & school 7 km. Beaches 20 mins. Ideal home or retreat. \$180,000. Contact owner: 02-6564-7631.

**MORUYA – SOUTH COAST, NSW**: Wonderful private position, 40 ac inside Deua Nat Pk with substantial perm crk. Good quality timber home with all solar services only 20 mins from town & coast. There are 7 ac fertile irrigated flats which would suit smll farming or horticultural enterprise. Good sheds, yards & fences. Selling price \$360,000 incl all necessary plant & farm equip. Ph: 02-4478-8587.

**BELLINGEN-THORA**, beautiful 4 b/r home, 1/15 share on MO, 2.2 ac of tropical garden paradise. Fenced vegie garden, goat paddocks & sheds, chook pens & 200 estab biodynamic fruit & nut trees. 'Patanga' has been estab for 20 years & is a 170 ac biodynamic farm. Surrounded by r/forest, within walking distance of Steiner & primary schools. Price \$170,000. Ph: John, 02-6656-1545.

**'SAGE FARM', GROSE VALE**, 10 ac property certified GRADE A organic, fully fenced, with estab medicinal herb & lavender gardens, irrigated by 2 dams. The property is situated in Cabbage Tree Rd, looking to the Grose Valley. The architect-designed 4 b/r house features a study, bay windows, cathedral ceilings, timber kitchen, en suite, combustion stove & open f/place, double garage, shed + annexe & Biocycle system. In addition there is a wonderful wooden barn 9 x 15 m, with concrete floor, 3-phase power, shower, toilet, 3 sinks & a loft for storage. Currently designed & fitted out for wood turning & carving, this barn could be utilised for many other activities, eg craft, B&B, stable. \$750,000. Ph: 02-4572-1326, fax: 02-4572-1344.

# GRASSIFIEDS

## PROPERTY FOR SALE

### NEW SOUTH WALES

**FAR SOUTH COAST:** 1/2 share of 120 ac on Mt Durragh, bush block with 2 sml clearings, livable shed, ph & beautiful crk, 45 mins to Pambula beach. \$32,000. Ph: Steve, 03-5476-2238.

**PERMACULTURE:** 1/2 ac f/hold block at Jarlanbah Community, Nimbin. Magnificent views of Nightcap Nat Pk, Mt Nardi & Nimbin Rocks. Sunny, good soil, elec connection avail. Email: kfagan01@hotmail.com for photos. \$51,000 ONO. Ph: Kevin, 02-6686-4213.

**BRAIDWOOD AREA,** 100 ac, scenic, secluded high country. Sunny, elevated, northerly aspect, panoramic views, building permitted, elec on land. Permanent crystal clear mountain crk with trout, 60 ac conservation-listed native bushland, abundant wildlife, 40 ac cleared pasture. Excellent grazing, horticulture, well drained northerly slopes. Springs, fertile granite & basalt soils, ample rainfall. Just over hr beach. Commute to Canberra, easy hr to city centre. \$100,000. Ph: 02-4847-5007, 02-6247-0695, 02-6247-5625. Email: affrica@bigpond.com See website for photos & info: [www.users.bigpond.com/shonaelliott](http://www.users.bigpond.com/shonaelliott)

**NORTH COAST RAINFOREST RETREAT,** 453 ac adjoining nat pk. Creeks, sheds, ph, building allowed. \$210,000. P/ex-motorhome or boat? Ph: 02-6655-8508.

**FARMING, ECOTOURISM, WILDLIFE SANCTUARY,** 330 ha (815 ac), cropping, grazing, 202 MI crk licence. Comfortable 4 b/r house. Narrandera & Leeton both 25 km, school bus at front gate, Sturt Hwy. \$335,000. Conservationists only. Consider leasing. Ph: 02-6959-6269. Email: msrowe@bigpond.com

**MID NORTH COAST,** 119 ac, rural upper catchment with building approval. Recent earthworks incl drive, dam, house site & firebreaks. Permanent crk, well timbered with pockets of r/forest. \$69,000. Ph: 02-6568-8292, or 0438-688-215.

**NEW ENGLAND TABLELANDS:** Renovated 3 b/r old style cottage with s/c/stove & wood heater. Panoramic views on 583 ha bushland of which only 1/3 cleared. Freehold. Permaculture garden & orchard. Annual rainfall 36", 77,000 litres rainwater storage, 9 dams, springs. Mains power, school bus at gate. One hr drive to Inverell or Armidale. \$210,000 ONO. Ph: 02-6723-7222.

### QUEENSLAND

**FRASER ISLAND HINTERLAND,** 40 ac of virgin bush waiting for your imaginative input, 1/2 hr from Tin Can Bay, Rainbow Beach, Hervey Bay. Have the privacy of acreage within reach of suburbia. \$65,000. Private sale. Ph: 0416-017-429.

All ads on these pages are accepted at the discretion of the publishers

DEADLINES: GR153 – AUGUST 31  
GR154 – OCTOBER 31

**THIRTY MINUTES NORTH OF GYMPIE,** 2 b/r brick & tile house, pergola, 5500 m<sup>2</sup>, fenced. 22,000 lt tank, elec, ph. Established gardens, low maintenance. Quiet semi-rural, close to school. \$75,000. Ph: 07-5485-7267.

**QUEENSLAND, RURAL RETREAT,** 100 ac bushland, 7 ac of orchards, Queenslander, tanks, waterhole near Lake Wivenhoe. Beautiful views. \$130,000. Would rent for \$100 per week. Contact Rosemary on 07-3391-7494, or 07-3366-0547.

Email: g.maclennan@qut.edu.au

**BIRD WATCHERS' PARADISE:** Near Killarney, 'Bimbimbi' is a 63 ha (157 ac) property 2 hrs from Brisbane. Features Queenslander with open verandahs, 3 b/rs, separate lounge, office, power, ph, septic. Approx 20 ac blacksoil crk flats suit lucerne, sml crops, 4 ha irrig licence, sheds, yards. Has carried 20 – 30 Murray Greys & horses. Peace & tranquillity with stunning views. \$210,000. Ph: 07-3377-6219 AH.

**FORTY ACRE** elevated bush block – Paradise Waters – Miriam Vale, Qld, fences, power, 1 hr Bundaberg, close to beach. \$30,000. No offers. Ph: 08-8932-1305.

**TARA,** 12 ha bushy block, some cleared, lge dam, school bus, 15 x 6 m steel house semi-finished with permit, double-deck bus sleeps 5, cabin, gas, fridge, stove, wood stove, generator, wind-generator, inverter, w/tanks, shed, ride-on mower, animals, many extras. Rates \$258 per year. \$45,000 ONO. Ph: 07-4665-3737.

**GLENWOOD,** 3 b/r highset house on 3 ac of organic fertile soil. Scenic drive to Rainbow Beach. Natives & exotic f/trees line the fenced house yard. Large dam & perm freshwater crk. \$125,000. Ph: 07-5482-4323.

**PEACEFUL FIVE ACRES,** near Gympie, cleared, power, small dam, good soil, can be subdivided, local shops, amenities. \$28,000 ONO. Ph: 0415-482-565.

**COUNTRY RETREAT** near Gympie, 5 ac, lge dam, house site, fenced, power, ph, 2 rd frontage, subdividable, good soil, amenities close by. \$35,000. Ph: owner, 07-5483-1401, or 0421-855-738.

**THIRTY ACRES TARA AREA,** power & ph avail, lge dam, virgin bush. \$40,000. Ph: 07-4661-3289.

**MILLMERRAN:** 250 ac, f/hold, must be sold. \$44,200. Ph: Chris, 08-8975-0832.

**CHINCHILLA,** 376 ac, 42 km to town, 2 b/r dwelling, kitchen, bathroom toilet, lounge dining room, verandah, gas hot water, stove, fridge & freezer, s/c/stove, lge shed, dam, paddock truck, pump, quiet rd, 1 neighbour, ph, solar powered, no elec bill, school bus up road, partly cleared & fenced; plum, peach, apricot, lemonade, lemon, locquat, cumquat trees, passionfruit vine. Can run sheep, cattle, horses. \$110,000. Ph: 07-4665-3020.

**TROPICAL SIXTY ACRES,** west of Mission Beach, between Cairns, Townsville. Beautiful r/forest, cks, dams, sandy loam soil, elec pump irrigation, 54 sq m concrete floor shed, elevated, 180° mtn views. Farmhouse, masonry block, 2 b/r, lge glass sliding doors. Lifestyle. Ideal tropical fruit farm. \$175,000 ONO. Ph: 07-4946-1241. Write: L & J Wilson, PO Box 279, AIRLIE BEACH 4802.

### VICTORIA

**STUART MILL, CENTRAL VIC,** only 2 hrs from Melb. Live in your own isolated forest of 357 ac, full of all that nature has to offer. Wallabies, kangaroos, numerous birdlife & rare wildflowers. Full of well estab trees. \$90,000. For your own slab of precious active native forest, it is too good to refuse. Ph: 03-5499-9218.

**ESCAPE THE HUSTLE AND BUSTLE** with this lge ranch-style home set on a secluded 100 ac, surrounded by state forest. The home features 3 b/rs, lge open plan living area with wood heating, verandahs front & rear. Outside incl dble c/port, abundant shedding & lge dam. Peaceful isolation less than 20 mins from town centre. Asking \$160,000. Ph: John, Connally's Real Estate, 0419-316-200.

### TASMANIA

**HI, FUTURE OWNER** of 81 Station Rd, Lilydale! You have missed the harvest of the old variety, organic orchard already. Don't miss the last cozy winter days by the Kachelofen (German wood heater) too! Renovated cottage on 3 ac in the centre of a vibrant rural town, 20 mins to Launceston. \$120,000. Ph: 03-6223-6811. For details: [www.lilydalecjb.net](http://www.lilydalecjb.net)

**NORTH-WEST, NEAR SHEFFIELD,** vicinity of beautiful Mt Roland. Three b/r w/board home with good kitchen & 2 bathrooms situated on lge level block. Mountain, rural views. \$59,000. Contact David: 03-6423-1135.

**ELLENDALE:** Bordering a spectacular r/forest & giant manfern-filled crk, 91 fertile ac of pasture & 5 ac of r/forest divided into 16 paddocks, 2/3 irrigated from 2 dams + a massive 40 million lt Prescriptive Water Licence. There are extensive hay seed drying & machinery sheds & a range of self-cont pickers' huts. The farmhouse is modern, elegant & fully upgraded with extensive sun decks & solar heated swimming pool. Plus there is a lge self-cont unit attached. \$215,000. See: [www.macreale.com.au](http://www.macreale.com.au) for more details, or ph Kim Herbert (agent) on 0438-349-906.

**EAST COAST, TEN HECTARES,** very private sheltered block on Four Mile Creek (perm water), 5 km from the sea, with old hut. \$35,000. Ph: 03-6334-5667.

Cost of Grassified ads does not include any extra formatting: extra bold text, indents, spaces, stars or other symbols. If you require an ad with formatting please enquire about our display advertising rates. Call Sue on 03-5792-4000.

# GRASSIFIEDS

## PROPERTY FOR SALE

### TASMANIA

**ELLENDALÉ:** Federation home on 3/4 ac block. There are 3 b/rs, toilet & WIR in main b/r. A spacious bathroom with Tas oak vanity & sep shower recess. A modern Tas oak kitchen offers space for the lge family. The adjoining lounge is lge with dado boards. The woodheater ensures interior comfort. A timber deck offers a great outlook & leads to a big garden with a 2-car garage. \$60,000. See: [www.macreale.com.au](http://www.macreale.com.au) for more detail, or ph Debbie Burgess (agent) on 0417-112-860.

**ELLENDALÉ:** This property is a great country retreat on 3 1/2 ac. It has numerous outbuildings, garage & a chicken run. The home has good accom with 3 b/rs. The lounge & kitchen are generous sizes. Water isn't a problem, having a tank & mains water. Fruit trees are abundant in backyard – apple, greengages, peach & walnuts. A country retreat not to be missed. \$52,000. See [www.macreale.com.au](http://www.macreale.com.au) for more detail, or phone Debbie Burgess (agent) on 0417-112-860.

**MAGNIFICENT MOUNTAIN VIEWS,** natural springs, borders river, 70 ac, 1/2 cleared, house site, 5 mins to school & store, less than 1 hr from beaches, airport & all city amenities, 5 mins to beautiful lake, 20 mins to World Heritage wilderness area. Make an offer. Ph: 03-6473-1441.

**MAGRA:** Here is a lovely family home & farm on 8 ac, producing flowers & fruit incl 750 canes of raspberries. This property has been specifically designed for keeping horses, with post & rail fencing. The home was built in 1890 & has been extensively upgraded to be a modern & spacious, elegant 3 b/r home. This property would suit the semi-retired couple or family needing active country lifestyle. \$195,000. See: [www.macreale.com.au](http://www.macreale.com.au) for more detail, or phone Debbie Burgess (agent) on 0417-112-860.

### SOUTH AUSTRALIA

**RED CREEK SANCTUARY,** Sandleton: This is home for injured & orphaned native creatures & is a once-in-a-lifetime opportunity for someone willing to care for our native wildlife. The property consists of a stone homestead with R/C split system air-conditioning, 2 ph lines, mains power, bore, huge r/water capacity, on 325 ac block. \$135,000. Ph: 08-8565-2131. Email: [wombatbob@ozemail.com.au](mailto:wombatbob@ozemail.com.au) More detail & pictures at: [www.geocities.com/wombatrise/index.html](http://www.geocities.com/wombatrise/index.html)

### WESTERN AUSTRALIA

**MANJIMUP, SOUTH-WEST,** 5 ac nursery 15 mins from town, with lge renovated farmhouse, 3300 sq m of tunnel houses growing hydroponic tomatoes, cucumber, capsicums. Self-supporting. Good lifestyle. Surrounded by jarrah forest. Room for expansion. \$250,000. Must retire. Ph: 08-9772-4250.

## PLACING AN AD?

See page 77 for details

## COMMUNITIES/SHARES

**GLENREAGH,** 30 mins west of Coffs Harbour, 1/6 share of 422 ac. Share incl 5 ac of private space, cosy mudbrick cottage, solar, ph, water, estab orchard, work shed etc. Option avail for elec, use of communally owned tools, ie: tractor, water pump. \$57,000. Ph: Sharon, 02-6642-4865, or 0421-365-691.

**SHARES AND HOME AVAILABLE** at Mt Murrindal Co-op, W Tree, East Gippsland. Walk into an estab lifestyle on a functioning community, 140 ac. For more info see GR 150 issue. Ph: 03-5155-0340.

## PROPERTY WANTED

**MO SHARE NSW** or Vic within 100 km of coast. Ph: 0429-994-647.

Email: [spiceboat@yahoo.com](mailto:spiceboat@yahoo.com)

**SEARCHING FOR A HOME ON ACREAGE,** for organic herb farming & bush retreat. NSW, preferably mid nth coast. Vendor finance/rent buy. Ph: CJ, 0439-994-744, or: PO Box 1812, COFFS HARBOUR 2450.

## HOUSE EXCHANGE

**PHILLIPINES:** Do you live in SE Qld, nth NSW? would you like to live on Camiguin Island – 1 yr? Safe & peaceful, exotic, tropical paradise island, just south of Cebu. Main house of Balinese design, overlooking palm trees to the sea, set in 5 ac of beautiful gardens & lge vegie plot. Staff employed, 1f & 2m. Swimming pool, 4WD jeep & motorbike. Must love animals. Two guest cottages – holiday rental business. We are a spiritual, caring retired couple wishing for exchange. Your garden, animals, property would be well cared for. Please contact David & Gill Dunkerley, ph: 0011-63-88-387-9050. Email: [incanto@cdo.philcom.com.ph](mailto:incanto@cdo.philcom.com.ph)

## FOR RENT/CARETAKER WANTED

**VEGETARIAN NONSMOKING** caretakers wanted for house & property in Mt Molloy, FNQ from Sept 1 till Oct 16. Mainly watering duties & vegie garden. Ph: 07-4094-1397.

**BEAUTIFUL, SECLUDED PROPERTY** (160 ac), with new 2 bed house to rent, near Gin Gin, SE Qld. Share property with caretakers in adjacent dwelling. \$90 pw neg. Ph: 07-4157-2736.

**BENDEMEER,** 41 km nth of Tamworth. Responsible couple wanted to look after & maintain sml part-furnished house & grounds. Large garage, f/trees & garden. River frontage. References please. Ph/fax: 02-4787-1754.

**WANTED CARETAKER,** duties – chainsaw work & maintenance, roughly 2 hrs daily, c/van & vegetarian meals supplied. \$30 per wk required. Ph: 02-6677-9282.

**SHARE/SUBLEASE:** Rural 3 b/r cottage overlooking dam, fireplace & combustion stove for heat, water & cooking, for n/s, n/d, retiree, no children, pets, near Warwick, Qld. Vegetarian travelling. \$80/wk share, \$130/wk sublease. Ph: 07-4667-0563.

## FOR SALE

**AS-NEW HONDA DIESEL GENERATOR,** 5KV, \$3000 ONO. As-new 6 high density batteries, \$300 ONO. New inverter, \$1100 ONO. As-new switches & wiring & stop/start system, \$300 ONO. Warn high mount wynch 8000 pounds, very good cond, \$950 ONO. Ph: 03-5794-1837.

**PRESERVING KIT** plus 100 different size bottles, lids etc. \$350 ONO. Ph: 07-4975-1315.

**MICE TRAPS,** Row-ee multi-catch \$20, \$5 postage covers one or more. Harry Rowe, 79 Reddall St, LAKE ILLAWARRA 2528. Ph: 02-4296-1129.

**'GRASS ROOTS'** numbers 57 to 140 (GR 70 missing). Excellent condition. \$200 + postage. Ph: 03-5856-1497.

**COMBUSTION STOVE,** Rayburn No 3. \$800. Ph: 03-5480-6564, 03-5483-8233.

**7000 BOOKS AND MANUALS** you can reprint & sell, all on one CD. For FREE info call: 0438-082-784, recorded message.

**MOTORHOME** 38' x 8', registered November, automatic, diesel, kitchen, bathroom, sleeps 4. \$14,000. Maryborough, Qld. Ph: 07-4121-6460.

**SINGER TREADLE INDUSTRIAL** sewing machine, VGC. \$1400. Ph: 07-4667-0563.

**TIPI,** painted, second-hand, 12 ft, canvas, earth brown base, sky blue top & smoke flaps, brown door flap with black buffalo skull. Painted motifs on walls of the tipi incl a turtle, buffalo & tomahawk. The inside of the tipi at the smoke outlet & smoke flaps are nicely smoked and a 1.8 high liner is incl. There are 17, 5.2 m round poles 0.50 mm in diameter tapered to the top. There are also ties to the bottom edge of the tipi but no pegs or lacing pins or anchor rope. This tipi is an ideal two-person size, easily transportable, easy to erect & there is still scope to add your own personal touch & personality. Price \$850 negotiable. Ph: 0411-600-096.

**SPINNERS:** for sale, Ertoel 500 Carder Mark 11, one owner, very good condition. BHT drum attachment. Ph: 07-4938-1703.

**COMPOSTING WORMS** in castings, \$10 per/kg & p&h. Ph: 02-6231-2362. Email: [brighter@tpg.com.au](mailto:brighter@tpg.com.au) cc welcome.

## WANTED TO RENT/CARE TAKE

**GREENIE** dyke, 42, looking for comfy home to share or on a share property with garden & shed within 3 hrs drive from Perth. Terri, email: [greenwitch007@yahoo.com](mailto:greenwitch007@yahoo.com)

## CHANGE OF ADDRESS

Please notify us of any change of contact details so we can redirect enquires. Call us on 03-5792-4000. ☘

# GRASSIFIEDS

## OPPORTUNITIES

**ORGANIC FARM CLOSE TO MELBOURNE** with estab market looking for competent & committed couple to grow vegetables on a share basis. Opportunity to also progress into retail area after 12 months. Genuine opportunity with no ingoing capital required initially. Ph: 03-9710-1180.

## BUSINESS FOR SALE

**PRODUCE STORE**, sth Burnett, Qld. Wonderful town, wonderful climate, wonderful business, wonderful price. Ph: 07-4169-0100.

## PUBLICATIONS

**'ORGANIC HAPPY HEALTHY CHOOKS'**, natural backyard chook keeping by Jade Woodhouse. Everything you need to know about chooks. Extremely informative. \$20 + \$5 p&h. PH: 07-5445-9034.

Website: [www.simplynaturalorganic.com](http://www.simplynaturalorganic.com)

Email: [info@simplynaturalorganic.com](mailto:info@simplynaturalorganic.com)

**'NATIVE STINGLESS BEES'** for profit or pleasure – how to get started, pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 45c stamp to: ANBRC, Box 74-G4, NORTH RICHMOND 2754.

**'NIMBIN NEWS MAGAZINE'**, is a co-operative-ly run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 issues for \$20, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

**STEINER HOME SCHOOLING?** A teaching manual by Alan Whitehead on Creativity and Curriculum. Send \$14 to: Golden Beetle Books, Box 329, BLACKHEATH 2785. Ph: 02-4787-5335, fax: 02-4787-5339. Visa-Mastercard.

[www.users.bigpond.com/goldenbeetlebooks/](http://www.users.bigpond.com/goldenbeetlebooks/)  
**BOOKS, OLD AND NEW**, send for general list. R Suters, PO Box 127, FIGTREE 2525.

**HOME EDUCATION**, for info send SAE to: Alternative Education Resource Group, PO Box 461, DAYLESFORD 3460.

**BOOKS, NEW AND OLD**. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

**'NEW VEGETARIAN & NATURAL HEALTH'**, the magazine of the Natural Health & Vegetarian Societies. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 02-4721-5068.

DEADLINES: GR153 – AUGUST 31  
GR154 – OCTOBER 31

**'STEPPING STONES FOR HOME EDUCATORS'** is a 40-page quarterly designed to inform & inspire all types of home schoolers across Australia. Established since 1995. \$8 single, \$30 for 4 to: Grace Chapman, 322 Petersen Rd, TARZALI 4885.

**'HEALTH & HAPPINESS'** – a book about disease prevention, diet & lifestyle, faith & healing, spirituality & mind cure, family wellbeing. For your copy send 5 x 45 c stamps with your address to: Health & Happiness, PO Box 27, ADELONG 2729.

## FOOD & KITCHEN

**QUALITY GRAINMILL AND JUICER PRODUCTS**, manual & electric, ph: 02-4751-2477. Web: [www.jucers.com](http://www.jucers.com)

**HOME STONE FLOUR MILLS** – mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome. Website: [www.retsel.com.au](http://www.retsel.com.au)

**STONE GROUND FLOUR** in-home, with a SCHNITZER German quality hand or electric stone mill, 6 models from \$178. SCHNITZER MILLS, 420 Freemantle Rd, Bathurst 2795. Ph: 02-4861-158, [www.schnitzer.com.au](http://www.schnitzer.com.au)

## MISCELLANEOUS

**FREE PROMOTION VIA THE INTERNET** for your alternative agricultural association. Ph: Mitchell, 02-6760-3280.

Email: [pmlcgray@austarnet.com.au](mailto:pmlcgray@austarnet.com.au)

**MYSTICAL NIGHTS:** The Party Plan that supplies all of your Ritual needs. To become a consultant ph: 02-6651-2142 for info pack.

**HOW TO MAKE MONEY** selling & making chess pieces, bird baths, fine art, gnomes etc. Plaster and/or cement moulds. For methods & catalogue send \$14.95 to: Williams Imports, PO Box 989, SOUTHPORT 4215 (06/50 Railway St). Ph/fax: 07-5532-9050.

Website: [www.supermoulds.com.au](http://www.supermoulds.com.au)

**TEEPEES, VIKING TENTS**, medieval tents, swags, buckskin clothing. Seventeen years experience. BOJO PRODUCTS, PO Box 112, AVENEL 3664. Ph: 0412-368-034, 03-5796-2753 AH.

Email: [bojo\\_products@hotmail.com](mailto:bojo_products@hotmail.com)

Website: [www.frojel.com/members/bojo](http://www.frojel.com/members/bojo)

## HEALTH & BEAUTY

**CHEMICAL-FREE, ALL-NATURAL** make-up, made from naturally occurring minerals & organically wild-crafted herbs & oils. For a free catalogue ph: 02-4969-4543, or write to: Wholistic Horizons, 11/17 Gordon Ave, HAMILTON 2303. Wholesale enquires welcome.

**SIMPLE TEST:** Have hair analysis test. Get the name for your health problem. Ring Dee for instructions: 07-4934-0233.

**LOSE WEIGHT** the healthy way, without drugs, special diets, exhausting workouts. Guaranteed. Call today: 08-8411-0320 (24 hrs).

## COURSES

**PERMACULTURE DESIGN CERTIFICATE COURSE**, September 14 to 28 at Crystal Waters, Qld, with Morag Gamble, Evan Raymond & guests. The full 72 hour PDC with lots of hands-on experience + a special focus on community food systems, community gardens, local economics & ecovillage design. Ph: 07-5494-4833.

Email: [courses@permaculture.au.com](mailto:courses@permaculture.au.com)

Website: [www.permaculture.au.com](http://www.permaculture.au.com)

**HANDS-ON PERMACULTURE WORKSHOP**, September 7 to 8 at Crystal Waters, Qld with Morag Gamble & Evan Raymond. A practical introduction to permaculture gardening & design. Ph: 07-5494-4833.

Email: [courses@permaculture.au.com](mailto:courses@permaculture.au.com)

Website: [www.permaculture.au.com](http://www.permaculture.au.com)

**HORTICULTURE, HERBS, PSYCHOLOGY**, writing, computing, management. This is a revolutionary, highly interactive & personal way to study from one of Australia's leading distance education schools – The Australian Correspondence School (established 1979). Ph: 07-5530-4855/03-9736-1882. ACS Online Education: [www.acseduonline.com](http://www.acseduonline.com)

**WORKSHOPS ON:** Companion Planting, Growing Fruit Trees, Soil Testing, Composting, Alternative Energy, Buying a Small Property etc at Swan Garden Centre, Lot 40 Farrall Rd (north), MIDVALE 6056. Ph: 08-9250-4575. Email: [swangc@inet.net.au](mailto:swangc@inet.net.au)

**CORRESPONDENCE COURSES:** Aromatherapy Dip, Vitamin-Nutrition Dip, herbs, animal therapies (the Green Vet), folk medicine, psychic healing, Celtic, wicca, psychic self-development. Free brochure, ph: 02-9319-6166, or write: PO Box 138, SURRY HILLS, NSW 2010.

Email: [chrysalis@powerup.com.au](mailto:chrysalis@powerup.com.au)

**STUDY PSYCHOLOGICAL ASTROLOGY** to practitioner level from home. Prospectus: Astral Connections, PO Box 62, ST GEORGES BASIN, 2540 NSW.

Website: [www.shoal.net.au/~astralc](http://www.shoal.net.au/~astralc)

## GARDEN & ORCHARD

**BOB MAGNUS'S FRUIT TREES**, please send 3 x 45c stamps for my list of dwarf & regular apple trees, pears, plums, cherries & hazelnuts. Available open ground from July to September. Bob Magnus, WOODBRIDGE, Tas 7162.

## ATTENTION ADVERTISERS

- Get ads in early so we have time to contact you to clarify any questions which may arise.
- Neat printing is essential so we can print your ad correctly. ☘



# GRASSIFIEDS

## GARDEN & ORCHARD

**TWELVE LOOFAH SEEDS**, \$5 to: 2 Cedar Drive, MACLEAN 2463.

**SEE 'OPPORTUNITIES'** re Organic Veg.

**COMPANION PLANTING CHART:** over 90 vegetables, herbs and fruits, including plants as insect repellents. Sow When Chart: Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

**BAMBOO PLANTS**, lge range, best prices. Ph: 07-4129-4470, fax: 07-4129-0130.

**RAINFOREST SEED COLLECTORS** national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs \$20, concession \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233.

## LIVESTOCK

**TWO SAANAN GOATS**, friendly, productive pets seeking good home. \$200. Ph: 07-5546-9195. JIMBOOMBA, QLD.

**QUALITY DAIRY GOATS** for sale. Ph: 03-5728-1423, or 03-5727-0437.

## SERVICES OFFERED

**GUITAR LESSONS.** Adult beginners video course. Video 1 – Chords & strumming; Video 2 – Finger Picking. Blues, Country, Folk to Classical; Video 3 – More advanced chords & theory. \$79 + \$10 postage. Ph: 02-6722-1232, or email: berniekillen@hotmail.com

**SIMPLY NATURAL ORGANIC FARM** has guided garden tours, informative, educational. Jade Woodhouse, ph: 07-5445-9034.

Website: [www.simplynaturalorganic.com](http://www.simplynaturalorganic.com)

Email: [info@simplynaturalorganic.com](mailto:info@simplynaturalorganic.com)

**PLANNING TO MOVE** to rural Tasmania? Interested in organic farming/gardening, a clean healthy lifestyle & a clean safe future for you & your family? Rural Lifestyle Services can provide you with professional assistance to help you make your dream come true. Details: [www.rurallifestyleservices.com](http://www.rurallifestyleservices.com)

Email: [landconserve@vision.net.au](mailto:landconserve@vision.net.au) Ph: 0408-346-773, 03-6431-2080.

**HOME PLANS.** *The Earth Builders Plan Catalogue* (180 pages), includes: 92 plans for handcrafted buildings (83 homes & 9 workshops, cabins & carport) of mudbrick, rammed earth, stone, poleframe, timber, poured earth, strawbale, construction details; a working drawing of a small loft floor home (11 x A3 sheets) is included. Mail \$95 (post & pack incl) to John Barton – Building Design, 89 Camden Road, NEWTOWN, Vic 3220. Enquiries to 03-5222-5774 for fixed quote to draw & document your home plan. Cheques, Mastercard, Bankcard, Visa accepted. Free brochure available by snail mail.

Website: [jbdesign.4w4.net](http://jbdesign.4w4.net)

Email: [jbarton@pipeline.com.au](mailto:jbarton@pipeline.com.au)

### PLACING AN AD?

See page 77 for details

**RONITA INDIAN CLAIRVOYANT:** \$35 for 15 mins (credit card). \$4.35 p/m incl GST, higher mob/pp. Ph: 03-5176-2521 or 1902-213-221. Website: [www.ronitapsychic.com](http://www.ronitapsychic.com)

## HOLIDAYS

**MORUYA – FAR SOUTH COAST NSW**, bush cabins, romantic 1 b/r & family 2 b/rs. Big open fires. Horses, dogs welcome by arrangement. \$350 pw, \$140 per w/end. Ph: 02-4474-2542.

**LAMINGTON GLEN**, r/forest retreat, secluded cabin – everything supplied except food. Ph: 07-5544-8166.

**FINCH HATTON GORGE**, Eungella Nat Pk Qld. Platypus bush camp, camping & tree huts, great walking area, the alternative holiday. Ph: 07-4958-3204. Website: [www.bushcamp.net](http://www.bushcamp.net)

## HANDCRAFTS

**BEADS BEADS BEADS** – unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Catalogue is \$10 with samples. Please send payment to: Tsunami, PO Box 129, WALPOLE 6398.

**STRANDED COTTON BUNDLES**, 100 x 8 m skeins, 50 colours – \$22 post free. Big bundles stranded cotton, 230 colours – \$50 post free. Weaving reeds, 8 – 15 dents. Send 45 c stamp for list. ARTY & CRAFTY, PO Box 40, DAW PARK, SA 5041. Ph: 08-8277-3763, fax: 08-8277-9402.

## CALENDAR EVENTS

**SOLAR HOUSE DAY**, Sunday, 8 Sept. Nationwide open house of homes featuring active and passive solar design – energy efficiency. Homes open in all capital cities and many regional centres. For details call 1300-130-606 or check the website: [www.solarhouseday.com](http://www.solarhouseday.com)

**EUROA BUSH NURSING HOSPITAL** 75 years celebration in Sept 2002. All who have been connected with the hospital are invited to participate. Anniversary ball on 13 Sept featuring Victoria Police Show Band. Many other events. For details ph Judith Hanlon on 03-5795-0200, or email: [judi@euroahospital.com.au](mailto:judi@euroahospital.com.au)

**FIFTEENTH ANNUAL SEED SAVERS' CONFERENCE ADELAIDE**, Bowden-Brompton Community Centre, weekend of 26th & 27th October 2002. The conference is a great opportunity to meet other seed savers, swap seeds, hear good speakers on a range of topics and learn practical skills in the workshops. Phone Helen Weston on 08-8298-5664, or email [hweston@bigpond.net.au](mailto:hweston@bigpond.net.au) or ph Seed Savers on: 02-6685-6624.

**YEAR OF THE OUTBACK CELEBRATION** in Alice Springs from 23 August to 1 Sept. Displays re outback society, industry, health, sport, science. Program of concerts, art exhibi-

tions, tours, music, drama, dance. For details contact 08-8953-7493.

Email: [central@outback.2002.com](mailto:central@outback.2002.com)

**HOME AND PLAY SAFETY DAY**, 18 Sept, to promote understanding of first aid procedures, especially for carers of young children. For details contact Caroline Hannah on 02-9904-0666, or email: [caroline@mcgregors.com.au](mailto:caroline@mcgregors.com.au)

## CLUBS

**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA) and ECO-CHOICE (our mail-order store). Enquiries; information; clinics; membership & catalogue. Contact NAAA, PO Box 48, HARRIS PARK, NSW 2150. Ph: 0415-928-028.

Email: [naaaauz@yahoo.com](mailto:naaaauz@yahoo.com).

**AFFILIATED DONKEY SOCIETIES OF AUSTRALIA.** For info on membership, magazines and help avail write to Ms Ann Fletcher, 74 Bells Lane, KURMOND, NSW 2757. You will be contacted by the representative in your state.

## LATE GRASSIFIEDS

**THORA, BELLINGEN NSW**, 1/4 share 68 ac backing Bellinger River Nat Pk & fronting Bellinger River. Entitlement to 2 1/2 ac with 5 b/r, Steiner, timber/stone house with sep self-cont studio, shed, garage, stables. Big fenced vegie garden & extensive organic orchard, 15 mins to Bellingen & Dorrigo, 1 km to school. Not floodable. \$210,000. Ph: 02-6655-3100.

**LOOKING TO SHARE OR RENT** within the Coffs Harbour region, from Sept for 3 months. Ph: Genevieve, 03-5472-1502.

**OIL PAINTING COURSE**, at unbelievable price. Last copies avail of old printing of this amazing course. New edition costs will be substantially higher. Course incl all lessons needed to become an accomplished artist. Sell your work. Techniques also apply to acrylic & folk art paint. 1000s of happy customers. \$15 incl p&h, chq or MO to: M Ryall, PO Box 1045, COOMA 2630.

**GOODNIGHT SCRUB**, 60 ac, metal shed with verandah, attached 3 x 3 m laundry/shower. Wood-fired bbq/oven, 5000 gal tank, dam, seasonal crk. Approx 20 mins Gin Gin. \$49,000. Ph: 07-4159-1016.

**WANTED TRACTOR TYRE/TYRES**, rear, 13-50 x 28. Ph: 03-5797-6395.

Email: [suevor@bigpond.com](mailto:suevor@bigpond.com)

**WANTED RECIPES:** for a breadmaker for making wheat- and yeast-free breads, buns etc. I am also after some wheat-free pasta. Specifically looking for easy recipes as I am not a particularly good cook but I am learning. Alex Beeching, RSD 12 KARKOO via CUMMINS SA 5631.

### NO ENDORSEMENT

Grassifieds are accepted in good faith, however, Grass Roots Publishing P/L does not necessarily endorse products and services advertised herein. ☸

# Subscribe to Grass Roots

## Your Ticket to Peace and Freedom

*Subscription cost includes postage and handling.*

- ☐ Australia, one year, \$36.30 (incl. GST)
- ☐ Australia, 2 years, \$72.60 (incl. GST)
- ☐ Overseas, one year, A\$50.00 (Bank draft/credit card only)



Name:.....

Address:.....

.....Post Code.....

Ph:(day) (.....).....

Email:.....

Credit Card(tick): ☐ Visa ☐ Mastercard ☐ Bankcard

N°

Expiry Date: \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

Subscription (incl p&h) \$.....

Back issues @ \$5.00ea \$.....

Note: issues 1 – 18 & 66 are no longer available.

(includes postage and handling)

N°s:.....

Total price of books \$.....

Postage and handling \$.....

(books only)

Total enclosed \$.....

## Grass Roots Books

*Tick the appropriate boxes then work out the postage and handling costs from the chart below.*

- ☐ Organic Guide To Australia – Wendy Seabrook. Cafes, greengrocers & home delivery \$19.95
- ☐ Natural Horse Care – Pat Coleby. A classic - from soil to natural treatment and remedies. \$21.95
- ☐ Natural Farming and Land Care – Pat Coleby. Organic farming manual. \$21.95
- ☐ Poultry Breeders Directory. Breed descriptions and breeders contact info. (Discounted) \$6.00
- ☐ The Healthy Cat – Madelaine Wright. Keep moggy happy using natural methods. \$16.50
- ☐ Going Tropical – Ron Edwards. Northbound survival guide. (Incl. tropical fruit varieties.) \$16.45
- ☐ Your First Pony – Beverley Heselton. A must for the young rider. \$16.50
- ☐ Country Scents – Alan Hayes. Make your own cosmetics at home. \$10.95
- ☐ The Bullock Driver's Handbook – Arthur Cannon. Pioneer skills for sustainable living. \$16.45
- ☐ Grass Roots Livestock Index. \$5.50
- ☐ Binders for Grass Roots. Keep your precious collection together. \$15.80

### Postage and Handling, Books Only

Up to \$25.00 - add \$4.00      \$50.00 - \$80.00 - add \$8.00

\$25.00 - \$50.00 - add \$6.00      Over \$80.00 - add \$10.00

*Within Australia. Overseas prices add 50%.*

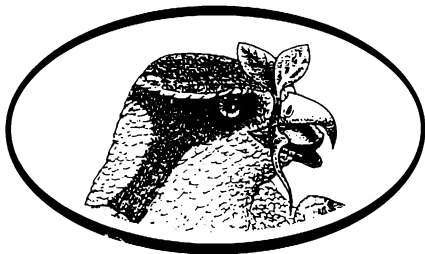
*Post with cheque, money order or credit card details to:*

**Grass Roots, PO Box 117, Seymour 3661, Australia.**

Current July, 2002.

4/55 Anzac Ave. Seymour

# PHOENIX SEEDS



**Common & Unusual Vegetables**

**Culinary & Medicinal Herbs**

**Cottage Garden & Modern Cut Flowers**

**Utilitarian & Ornamental Trees**

Current **mail order catalogue** is available now - **free**. A copy will be posted if you send your full name & address to:

**Phoenix Seeds, PO Box 207, SNUG 7054.**

**Ph: 03-6267-9663**

Channel Hwy, Lower Snug 7150

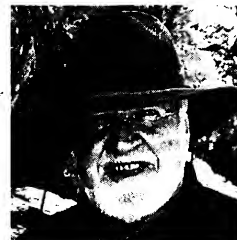
## PERMACULTURE DESIGN CERTIFICATE COURSE

with

**BILL MOLLISON**

**12<sup>th</sup> to 25<sup>th</sup> November, 2002**

Seaside in historic Stanley, Tasmania. Since 1979, Bill has planted the seeds of Permaculture Design in 120 countries. His books are available in 20 languages. Bring your intellect and your questions to Stanley Tasmania and expand your horizons.



Contact the Permaculture Institute

Ph: 03-6445-0945 tagariadmin@southcom.com.au

**FOR SALE** by the Permaculture Institute

**TAGARI FARM** Nth NSW, 2 lots, 66 and 2 ha

Designed by Bill Mollison

Contact the Permaculture Institute

Ph: 03-6445-0945 tagariadmin@southcom.com.au

## Why flush all that precious water down the toilet ?



Supplies the lowest cost, water-free, environmentally positive alternative to septics. No wonder thousands have been sold Australia wide.

**Waterless toilets available from \$665.**

- No water • No odour
- Owner installation
- Owner maintenance
- Expandable capacity

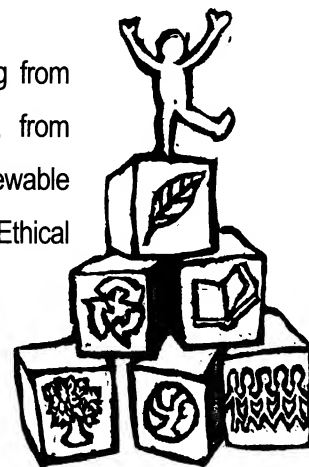
See it at [www.nature-loo.com.au](http://www.nature-loo.com.au)  
Or call now for a comprehensive info pack

**07-3870-5037**

19 Ivy St Indooroopilly Q 4068

## celebrate your principles

With over 80 diverse investments – ranging from schools to recyclers, from organic farms to renewable energy – Australian Ethical Investment will maximise your return and minimise your risk . . . ethically.



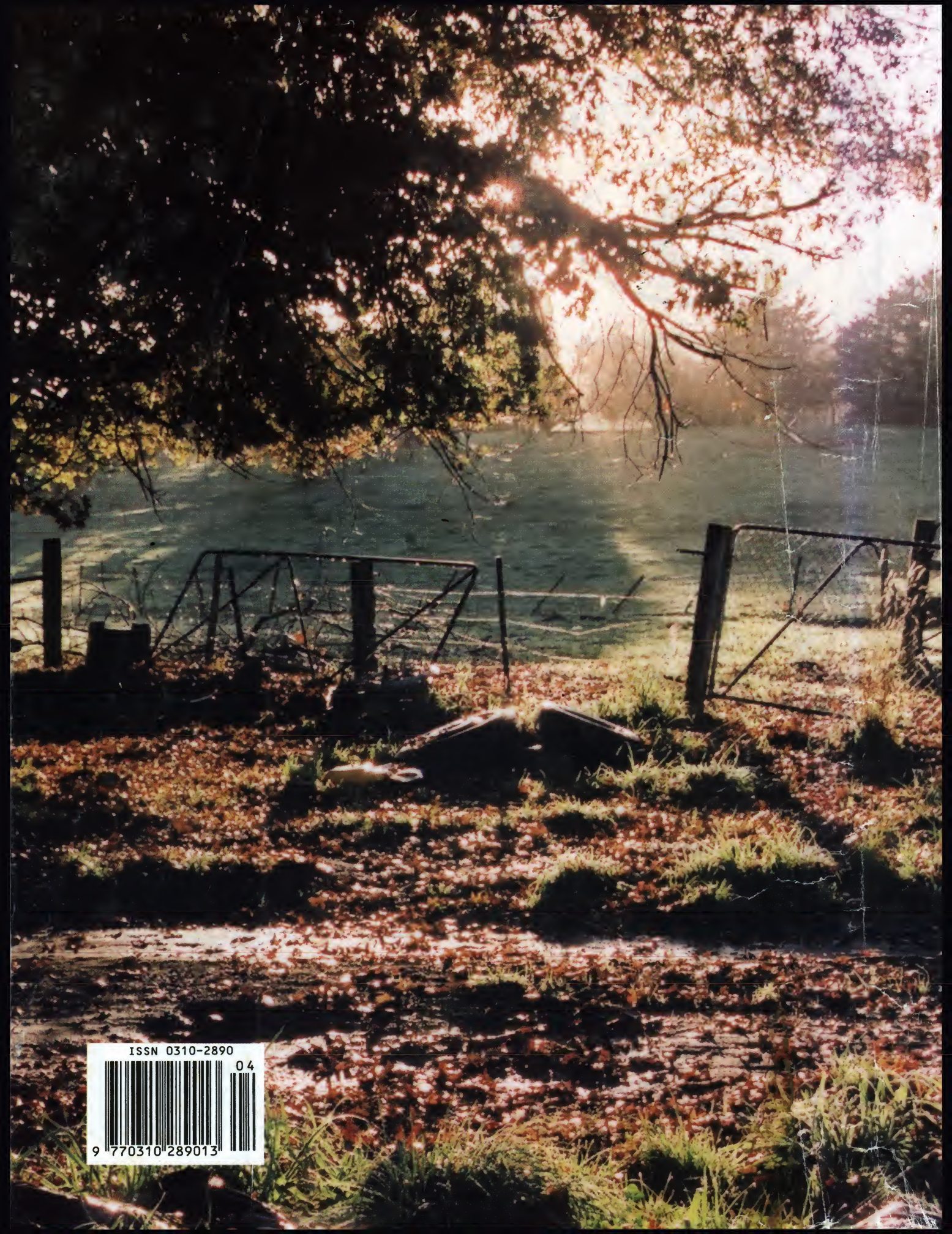
**Save with Australian Ethical Investment**

phone 1800 021 227 now for a prospectus  
or visit our website [www.austethical.com.au](http://www.austethical.com.au)

Applications for investment can only be made on the form contained in the current offer document (Lodged with ASIC) which is available from Australian Ethical.

Suite 66, CBC, Downer ACT 2602.





ISSN 0310-2890

04



9 770310 289013